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Canederli Recipe – Bread dumplings from Trentino, Italy

Cookware

- Bread dough mixing bowl
- Measuring cups (1 for liquids, 1 for flour)
- Flour sifter; aluminum tray to sit under sifter
- Cheese grater
- Large pot for cooking Canederli
- Large mixing spoons
- Ladle to remove Canederli from the hot water

Ingredients (for about 30 medium size dumplings)

- 1 loaf (1lb) White bread (older, drier is better); any type of bread is okay
- 1 lb. (16 oz) Oscar Meyer Cotto Salami (sliced), ham, or Speck (smoked ham from Trentino)
- 1 lb. (16 oz) Bacon (sliced)
- 1 cup Milk
- 3 large Eggs
- As needed Grated hard cheese (e.g. Grana)
- As needed Water to add to mixture
- As needed Water in pan for cooking
- 1 T Salt
- 3 - 5 cups Flour (General purpose)
- 1 cube Beef Boullion
- 1 cup / serving Chicken broth (optional)

Ingredients Preparation

- Cut the bread into ½ inch cubes and add to the mixing bowl
- Cut the Salami into ¼ inch pieces and add to the mixing bowl
- Cook the bacon (e.g. on paper towel in microwave, 2 minutes per side)
- Cut the bacon into ¼ inch pieces and add to the mixing bowl
- Add milk to the mixing bowl
- Add eggs to the mixing bowl
- Add salt to the mixing bowl
- Put water in the pot (enough so it will cover the dumplings); bring to a boil
- Grate the cheese (for serving at the table)

Mix the Ingredients in the Bowl

- Add 1 cup sifted flour to the mixing bowl and mix with large spoons
- Continue to add flour, 1 cup at a time and then mix it in
- It may be necessary to add water to keep the mixture from being too dry
- Usually, 3 - 4 cups of flour are enough; add a 5th cup if necessary
- Towards the end it may be necessary to mix by hand; use flour to keep the mix from sticking
- Blend well

Prepare the Canederli (Dumpling Balls)

- For each ball, select about 1 T of mix from the mixing bowl
- In your hands, roll the mix into a ball (between a golf ball and a tennis ball in size)
- Cover the outside of the dumpling ball with flour
- Repeat and make about 6 balls for the initial test
- Verify the water is boiling; add the Beef Boullion cube and let it dissolve
- Lower the balls into the boiling water and turn down to a simmer
- Watch the test batch; after about 5 minutes verify the dumplings are staying intact
- If not, add more flour to the remaining mix
- Continue to make dumplings and add them to the simmering water, ensuring water covers the dumplings
- Cook the dumplings at a simmer for about 30 minutes; they should float to the top when cooked
- Any remaining mix can be refrigerated and used within 3-4 days

Serving the Canederli

- The dumplings can be eaten on their own (“dry”), with melted butter, or in a bowl of chicken broth
- Sprinkle grated hard cheese over the dumplings