

#MYCORTINA

TYPICAL RECIPES

.....

Cheese Canederli



Ingredients

SERVES 4 (ROUGHLY 16 DUMPLINGS)

300g stale bread cut in small cubes

250 ml whole milk

2 eggs

40 g parmesan

200g mixed cheese

(medium-hard cheeses)



Ingredients

1 tbsp chopped chives

1 tbsp chopped parsley

½ tsp salt

1 pinch milled black pepper

1 pinch nutmeg

1 tbsp weak flour

Meat broth



Method



Put the bread in a large bowl.

In another bowl, mix the milk and eggs whipping until the liquid becomes homogeneous. Pour the liquid on the bread, mix well and leave to rest for at least 20 minutes, mixing from time to time.

Meanwhile, cut the cheeses into very small cubes (3-4 mm).

When the bread is soft (not soaked!) and the liquid absorbed, add the parmesan, chives, parsley, salt, pepper and nutmeg, then the cheese.

Knead well by hand, pressing the mix until it is slightly sticky and leaves only little pieces stuck to your hands.

Heat the broth (or simply hot water if you prefer serving the canederli “dry”, with parmesan and butter). Wet your hands and use the mix to form balls of around 5 cm.

Method



Put one ball for trial in the simmering broth and cook it for 5 minutes.

The canederlo has to remain compact. If the test is passed, take it out the broth and taste it to check if the salt and spices are ok (otherwise, add what you think is needed).

Go on preparing all the canederli; if making the last balls is difficult because they break, it means the lower part of the dough is too dump: try adding some more bread cubes.

After the 5 minutes of boiling, serve in a soup plate with the broth.

NOTE: cooking the canederli in broth makes them tastier, but the broth will become cloudy. If you want your dish to look more elegant, cook the canederli in hot water and add the broth directly in the soup plate.