

TOFU PAPRIKASH WITH DUMPLINGS

Matrix Code CB101 for StartOver.xyz (revised 8 December 2018 by Clinton Callahan)

(serves 6)

This is a noble and satisfying meal in itself from the old country. It is a hearty spicy tangy vegetable tofu soup served with classic bread dumplings. Chicken may be substituted for the tofu if you have too many chickens around.

PREPARE THE SOUP

In a large pot, sauté in 100g butter until golden:

1 clove garlic, minced

3 large onions, chopped rather large

Additional chopped vegetables may be added, such as carrots, kohlrabi, zucchini, green cabbage, winter squash, broccoli stems, etc.

Then add:

2 liters water

2 vegetable bullion cubes

2 teaspoon salt

1 teaspoon ground allspice

¼ teaspoon cayenne pepper

½ teaspoon freshly ground black pepper

4 Tablespoons sweet paprika

400 grams tofu, cut in cubes

200 grams tofu bands or sheets

(ask at the local Asian foods store)

Just before serving stir in:

Juice from 3 fresh lemons

250 g sour cream

Simmer until the vegetables are soft, approximately half an hour. If you are adding chicken you will need to cook it longer until the meat is done.



PREPARE THE DUMPLINGS

Boil a lot of water in a large pot, at least 4-5 liters

Meanwhile, stir together by hand in a big bowl with wooden spoon until smooth:

4 cups (520 grams) flour

1 teaspoon salt

½ teaspoon baking powder

4 large eggs

1 cup (235 ml) milk

1 small baguette rustique (approximately 400 grams) white bread chopped into cubes

Drop orange-sized blobs of dumpling dough into fully boiling water for 10 to 15 minutes. Cover the pot at first, but be careful as the water will foam over as soon as it boils again.

Let people serve themselves at the table into large deep soup bowls with [hand carved wooden spoons](#).