3ABN Recipes

Recipes from 3ABN Presents, February 26, 2003 (show 02066)

Roll Dough

1 1/2 c. water, divided

2 pkgs. yeast

1 c. Silk Soymilk, scalded

1/2 c. milled cane sugar

4 tsp. salt

1/4 c. vegetable oil

2 c. whole wheat flour

4 1/2 c. unbleached flour

- 1. Soften yeast in 1/2 cup warm water.
- 2. Stir in 4 or 5 tablespoons of whole wheat flour and cover with a napkin.
- 3. Let stand 5 -10 minutes.
- 4. Measure milled cane sugar and salt into mixing bowl; add scalded milk and stir to dissolve.
- 5. Add remaining 1 cup of water to milk mixture.
- 6. In a large mixing bowl stir the milk mixture into the 2 cups of whole wheat flour and 2 cups of the white flour.
- 7. Using the dough hook setting on your large mixer, mix the dough and allow 5 minutes for the gluten to form, scraping down the bottom and sides as you go.
- 8. Add the oil and yeast; continue mixing.
- 9. Begin adding the remaining 2 1/2 cups of unbleached flour.
- Dough should only be slightly sticky to the touch. Continue to knead the dough for 10 minutes.
- 11. Remove from pan, shape into a ball and rub with a little oil.
- 12. Cover and place in a warm area. Allow to double in size.
- 13. If possible let the dough rise twice before forming into your favorite dish.

Note: One Roll Dough recipe yields enough dough to make one batch of German Cream Buns and both German Dumplings and Fried Dumplings.

Barbara Kerr

Steamed German Dumplings with Potatoes & Onions

1/2 recipe Roll Dough 6 Tblsp. oil, divided 1 med. onion, 3/4 inch dice 10 med. potatoes, 3/4 inch dice 3/4 tsp. salt (for potato water) Silk Soymilk, original flavor

- 1. Cutting a small amount of dough from the bulk, roll between your hands to form a 3/4 inch wide by 4 inch long dumpling.
- 2. Space dumplings about 3/4 inch apart on a counter top. Continue with remaining dough.
- 3. Cover with plastic wrap and then a towel. Allow to double in size.
- 4. You will use about 11 dumplings for this recipe, to use the remaining dough you can follow the Fried Dumpling Recipe instructions.
- 5. In a 6-quart Dutch oven put 3 tablespoons of the oil in the bottom.
- 6. Place the onions on top of the oil. Pour the diced potatoes over the onions.
- 7. Sprinkle with salt. Fill with water just until you see it peaking through the potatoes.
- 8. Cover pan and bring to a boil. When potatoes are boiling and dumplings have doubled in size, lay a layer of dumplings over the potatoes leaving a little space between them.
- 9. Cover and cook over medium-low heat for 30 minutes. Do not lift lid while cooking as the dumplings may fall.
- 10. When dumplings have finished steaming, remove them to a platter.
- 11. Pour off most of the potato water, reserving about a cup as part of the mashing liquid. Mash with soymilk and salt to taste.
- 12. If you prefer not to mash the potatoes, just drain & serve as is.

Barbara Kerr

Fried Dumplings

One recipe Steam German Dumplings

- 1. In a 12-inch skillet begin to heat together the remaining 3 tablespoons of oil and add about 1 cup of water.
- 2. Place dumplings over the oil/water mixture until pan is full. Water should come about 1/3 of the way up the sides of the dumplings.
- 3. Cover with a tight fitting lid and steam for 30 minutes without lifting the lid.
- 4. Simmer over medium-low heat so the water doesn't cook out too quickly.
- 5. When you hear a popping sound you know the water is gone and they are crisping on the bottom. Serve with gravy.

Barbara Kerr

Pan Gravy

- 1 lg. onion, diced small
- 1/8 c. olive or vegetable oil
- 1/2 c. whole wheat pastry flour
- 1 1/2 tsp. salt
- 3 c. Silk Soymilk, original flavor
- 1. Sauté onion with oil until very brown.
- 2. Add flour and salt; continue to brown.
- 3. Whisk in soymilk all at once.
- 4. Bring to a boil; reduce heat, and simmer to thicken. Serve immediately.
- 5. If reheating, you may want to add a small additional amount of soymilk.

Barbara Kerr

Sweet & Sour Cabbage

- 1 sm. head of cabbage, cut in half, core removed & cut into shreds
- 1/2 c. lemon juice
- 1/2 c. water
- 1/2 c. milled cane sugar
- 1/2 c. Earth Balance Margarine, melted
- 1. Fill a 6-quart dutch oven with shredded cabbage to the top. If you have more cabbage than that, use in another recipe.
- 2. Pour remaining ingredients over cabbage; cover and simmer on medium for about 30 minutes or until cabbage turns slightly darker and softens.
- 3. Stir often and uncover for the last 15 minutes of cooking. Cabbage will reduce by half, at least.

I like this recipe as a left-over when the flavors have had more time to blend.

Barbara Kerr

German Cream Buns

1/2 recipe Roll Dough1 pt. French Vanilla Silk Creamer1/2 c. milled cane sugar1/4 tsp. ground cloves

Preheat oven to 350 degrees.

- 1. In a 6-quart dutch oven, warm creamer; stir in sugar and cloves to dissolve.
- 2. Cutting dough, form into small balls the size of large walnuts, being sure to pinch the bottoms.
- 3. Put 18-20 rolls into the warm creamer. Cover and allow to double (about 1 hour).
- 4. Remove lid and bake at 350 for about 40 minutes or until golden brown. Serve warm.

Barbara Kerr

