

# Spinach dumpling with cheese sauce

Dumplings are an Austrian tradition and we always have all sorts of dumplings at home.

Our favourite, though, are the vegetarian spinach dumplings; in winter I have them with a hearty cheese sauce and at any other time of the year, I toss them in some butter. I prepare the spinach dumplings with cheese sauce as follows:

## Spinach dumpling with cheese sauce

Portions: 4

Preparation time: 30 minutes

### Ingredients:

#### Spinach dumplings:

- 200g [LAND-LEBEN spelt dumpling bread](#)
- 180ml milk
- 220g frozen spinach leaves
- 1 onion
- 2 garlic cloves
- 1 tbsp butter

- 2 eggs
- 100g cheese (Parmesan or mountain cheese)
- 2 tbsp flour for binding
- salt
- pepper
- grated nutmeg
- 200ml whipped cream

#### **Cheese sauce:**

- 3 tbsp butter
- 1 small onion
- 2 tbsp flour
- 220ml vegetable soup
- 300ml whipped cream
- 110g grated cheese
- salt
- pepper

#### **Preparation:**

##### **Spinach dumplings:**

- Put 3 tablespoons of water in with the frozen spinach into a pan and stir to defrost, then leave to cool.
- Peel the onion and garlic and chop into small pieces.
- Heat the butter in a non-stick pan, add the onion and garlic and cook until soft.
- Finely grate the cheese and put to one side.
- Squeeze the spinach well and chop into large pieces with a sharp knife.
- Put the LAND-LEBEN spelt dumpling bread and the spinach, sautéed onions and garlic, flour and eggs into a bowl. Add in two thirds of the grated cheese.
- Warm the milk and add to the other ingredients.
- Season with salt, pepper and grated nutmeg and stir thoroughly.
- Let the dumpling dough infuse for approx. 10 minutes.
- In the meantime, bring the salted water to the boil.
- With moistened hands, take the dumpling dough and shape into approx. 10 dumplings (the exact number will depend on the size). Cook for approx. 12 minutes in salted, boiling water.
- Remove the spinach dumplings with a slotted spoon and leave to drain well.
- Place 2-3 spinach dumplings on the plate together with the cheese sauce and serve.

##### **Cheese sauce:**

- Peel the onions and chop into fine pieces.
- Heat the butter in a pan.
- Add the flour.
- Pour in the soup and the whipped cream, stirring continuously with a whisk.
- Let it boil down for approx. 5 minutes.
- Add the grated cheese and stir until it has all melted.
- Season the cheese sauce with salt and pepper.

**Tip:**

**Steam cooker:** Spinach dumplings can also be cooked in the steam cooker at 100 degrees for 20 minutes.

**Side dish:** We like to eat a tomato salad with the spinach dumplings and cheese sauce.

**Freezing:** I like to prepare double quantities of spinach dumplings and freeze them raw spread out on a plate. As soon as the dumplings are frozen, I put them into a freezer bag. Frozen dumplings need an extra 5 minutes in the water or steam cooker.

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