

## Maultaschen

An old legend says that the Maultaschen were invented by a monk named Jakob, who lived in the Maulbronn monastery. It happened when he got in possession of a piece of meat during lent. Because it was forbidden to eat meat during this time, he packed it in a dough, so that God couldn't see that he was eating meat.



### For the pasta dough cover you need:

2	eggs
1/16-liter	water
250g	flour
1 pinch	salt

First you mix all ingredients and knead the dough vigorously. When the dough is firm and smooth it is perfect. If it is too dry add some more water, if it is too humid add some more flour.

### For the filling you need:

500g	minced meat
1-2	old bread rolls
1	onion
1 tablespoon	parsley
2	eggs
Some	pepper and muscat

First slice the bread rolls into pieces and let them soak in cold water. When they are soft squeeze them out. Then cut the onions and the parsley. Give the ingredients in a bowl, spice it with pepper and muscat and knead it.

Now halve out the pasta dough and roll it out elongated and thin. Give the meat paste in little haps on one of the halves and put the other on top. Press the edges together and cut the dough so, that the meat paste is in the middle. Make sure that the filling can not get out.

When you are finished, put them in a pot with boiling soup broth and cook them for 20 minutes.

You can serve them in a soup or with potato salad and roasted onions or cut them in little pieces and roast them in a pan.

For the vegetarians/vegans there are also variations with spinach and other vegetables.

## Hefeknöpfe

To make a Knöpfle you need the following ingredients:

500g            flour  
20g             yeast  
1                egg  
1 Teaspoon    salt  
250ml          Milk



Mix all the ingredients and knead them till the bowl is clean. Then let the dough rest at least 30 minutes, so that it is twice the size than before.

Now you have to steam cook the Knöpfle for 30 minutes. For this you can use a vegetable steamer or a towel. It is important that the dough does not touch the water. Also never open the pot lid, because the Knöpfle will implode.

You can serve it with roast meat, sauerkraut and a lot of sauce.

Sources:

[Herkunft der Maultaschen: Wie schwäbisch ist die Maultasche? - Baden-Württemberg - Stuttgarter Zeitung \(stuttgarter-zeitung.de\)](#)

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