

Spezialitads dal Grischun



PARSENNER-STYLE POTATO DUMPLINGS

A traditional dish from the cuisine of the immigrants from the Valais

Ingredients

(for 4 portions)

For the dumplings:

700 g potatoes boiled
in their jackets
150 g flour
2 eggs
100 g raw ham or Bündnerfleisch
(or Bündnerfleisch Julienne)
Salted water

For the mushroom sauce:

200 g fresh mixed mushrooms
1 onion
1 clove garlic
20 g butter
1 dl white wine
1 clear stock cube
1 dl cream
Pepper, paprika, basil

Method:

(Preparation time: 1 hour, recipe takes 1 hour)

- Peel the potatoes and put them through a

passe-vite. Sieve the flour into the potatoes and mix. Beat the eggs and stir them into the mixture. Cut the raw ham or Bündnerfleisch in strips, add to the potato mixture and knead everything well. Form eight balls and put these to one side.

- Clean the mushrooms, cut large ones into halves or quarters and leave the small ones whole. Finely chop the onion and press the garlic.
- Gently heat the butter and stew all these ingredients until the mushrooms just begin to soften. Now add the white wine, dissolve the stock cube and simmer until the mushrooms are cooked. Add the cream and season the sauce to taste.
- Bring the water to the boil and cook dumplings at just below simmering point for 30 minutes.

Pour out the sauce onto plates and put the dumplings into the sauce. If desired, gently brown breadcrumbs in butter and spread over the potato dumplings.