



Australian Lamb Kreplach Recipe

By Executive Chef Marty Levin Mauzone's catering by Celebration

It is customary to eat kreplach before the Yom Kippur fast, or the last day of Sukkot
Noodle Dough

- 3 cups flour
- 3 eggs, beaten
- 3 tablespoons cold water
- 1 egg, beaten, for binding kreplach
- 1 tablespoon salt

Australian Lamb filling

- 2 tablespoons vegetable oil
- 3/4 cup chopped onion
- 1/2 pound ground Australian Lamb
- 1 egg yolk
- 2 tablespoons finely chopped fresh parsley
- 1 teaspoon salt
- 1/4 teaspoon pepper

Preparation of Kreplach

Prepare fillings and refrigerate before you begin preparing dough:

Meat Filling

1. Heat vegetable oil in a skillet; sauté onions until nicely browned, remove with a slotted spoon, and set aside. Add Australian Lamb to the pan and sauté on high heat, stirring frequently until all meat is browned. Put the onions back in, and sauté with meat, stirring constantly for 1 minute. Let cool. Put ingredients for the filling in the food processor leaving the eggs for last.

2. in a bowl, thoroughly mix meat-onion mixture with all remaining ingredients.

Make wrappers and cook:

1. Sift flour into a large bowl, and create a well in the center.

2. Pour eggs into the well, and, wetting your hands, knead into dough. Add water, and continue kneading until dough is smooth. Roll dough into a ball, place it in a bowl, cover the bowl with a damp cloth, and refrigerate for 30 minutes.

3. on a well-floured board, roll dough as close as possible to paper-thinness with a floured rolling pin. Cut into 2-inch squares. You can roll each individual square a bit thinner before you fill it. Have bowl with beaten egg, a teaspoon, and filling at hand.

4. Place a flatware teaspoon of filling in the center of the square and fold diagonally to create a triangle. Seal sides with egg mixture.

5. Bring a pot of water to a vigorous boil, add 1 tablespoon salt, drop in the kreplach, and cook for 20 minutes. Serve in chicken soup.

Note: Kreplach may also be fried after boiling and served with sauté onions.

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