

Recipe

MAULTASCHEN (XL GERMAN RAVIOLI IN CHICKEN BROTH)



MAULTASCHEN

(X L German ravioli in chicken broth)

Recipe: **CAROLE POIROT**

INGREDIENTS

FOR THE PASTA DOUGH

- 260 g flour
- 3 eggs plus 1
- 1 tbsp olive oil
- 1 tsp salt

FOR THE FILLING

- 200 g minced beef
- 100 g fresh spinach
- 1 medium onion, finely diced
- 1 small bunch of fresh parsley
- 1 large egg + 1 egg (whisked) for brushing
- 2 tbsp breadcrumbs
- ¼ tsp ground nutmeg
- Salt and pepper to taste

- 1 tbsp olive oil

TO SERVE

- 800-1000 ml Chicken broth
- Parsley leaves to garnish



TIME

Prep time:
1 hour
Cooking time:
30 minutes



SERVING

4 people



CATEGORY

Main course



ISSUE

sisterMAG57

- STEP 1** Start with the dough by putting the flour and salt onto your work surface.
- STEP 2** Make a well in the middle and add the eggs and olive oil.
- STEP 3** Using a fork, start stirring the eggs and slowly adding the flour into the middle.
- STEP 4** Once all the flour is mixed with the eggs and oil, knead the dough until smooth and then into a ball.
- STEP 5** Wrap the ball in clingfilm and put it in the fridge for half an hour.
- STEP 6** Cook the spinach in boiling water for three minutes, then drain and leave to cool.
- STEP 7** Gently fry the diced onion in the olive oil.
- STEP 8** Once translucent, add the beef and stir.
- STEP 9** Fry until cooked through, but not heavily browned.
- STEP 10** Once done, take the pan off the heat.
- STEP 11** Tip the meat into a large bowl.
- STEP 12** Chop the spinach and most of the parsley (leaving some to go into the broth), then add to the bowl.
- STEP 13** Add the breadcrumbs and egg.
- STEP 14** Now mix all the ingredients together until well combined.

- STEP 15** Add the nutmeg and salt and pepper to taste.
- STEP 16** Take the dough out of the fridge and divide it into four pieces.
- STEP 17** Bring a large pot of water to a rolling boil.
- STEP 18** On a floured surface, roll each piece out as thin as possible (about 1mm).
- STEP 19** Alternatively, use a pasta machine.
- STEP 20** Once rolled out, cut the dough into around 13 x 8cm pieces.
- STEP 21** You should get 16 pieces.
- STEP 22** Put a heaped tablespoon of the minced meat mix into the middle of half the dough pieces.
- STEP 23** Brush the edges with the whisked egg.
- STEP 24** Place the second piece of dough on top and gently smooth the edges down from the centre outwards to avoid any airpockets.
- STEP 25** Now use a fork to crimp the edges.
- STEP 26** Carefully lift the filled "pocket" off the worksurface and add it to the boiling water.
- STEP 27** Cook for 10 minutes – depending on the size of your pot, you can add several at a time. Just be careful that they don't stick together.
- STEP 28** Repeat until all pieces are done.
- STEP 29** Serve in hot chicken broth garnished with parsley.