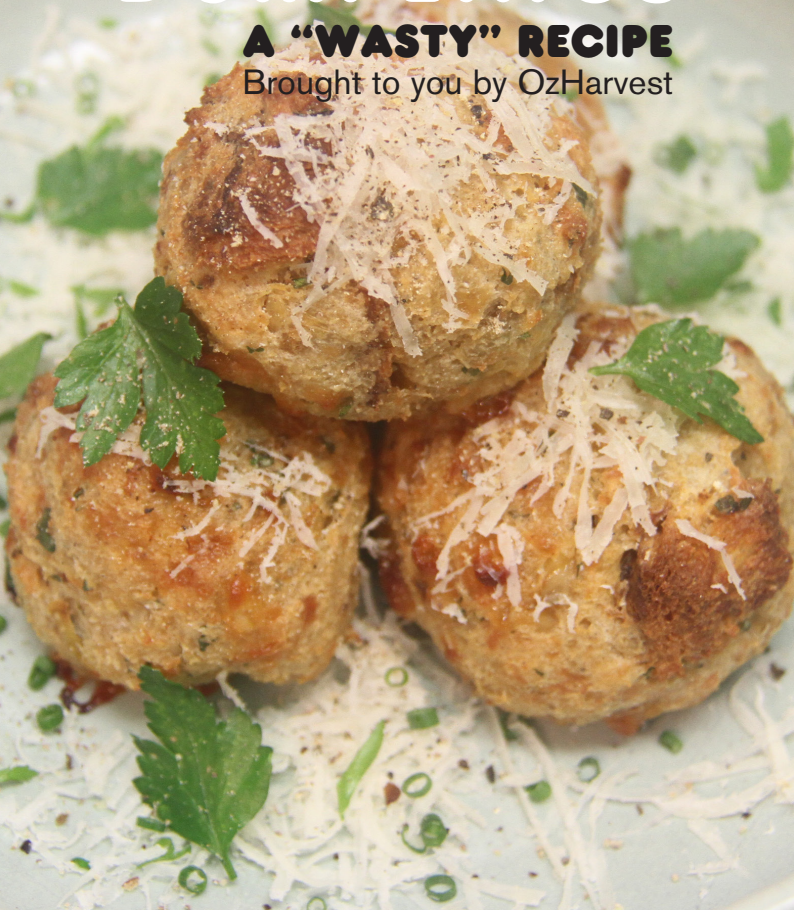


DAY-OLD BREAD DUMPLINGS

A "WASTY" RECIPE

Brought to you by OzHarvest



DAY-OLD BREAD DUMPLINGS



Prep time



Cook time



Serves

NEED

300g stale bread, diced

225ml milk

3 eggs

60g plain flour

3 tbsp chopped
flat-leaf parsley

150g tasty cheese

50g parmesan cheese

45g unsalted butter

1 onion finely chopped

2 tsp salt

1/4 tsp pepper

1/2 tsp nutmeg

HOW

1. Put stale bread in mixing bowl and add milk, eggs, salt, pepper and nutmeg. Mix well and rest for two hours covered in fridge. Stir occasionally.
2. Remove from fridge, add flour, parsley, cheese and mix gently.
3. Cook diced onion in oil and butter until translucent, cool and add to the mix. Rest for 30 minutes covered with a tea towel.
4. Use hands to form the dumplings and roll in flour.
5. Place dumplings on a baking tray lined with paper, spray with oil and bake for 15 minutes at 180 degrees or until golden brown.
6. Serve with grated cheese and fresh herbs.

TOP FOOD SAVING TIP:

Bread is the most wasted food in Australia, so buy only what you need and use straight from the freezer.



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