



SERVES 2

★ Quick ★ Vegetarian

161

SOUTH TYROLEAN

Dumpling salad

WINTERTIME IS DUMPLING TIME.

I DISCOVERED THIS DELICIOUS AND FILLING SALAD WHEN I WAS BACKCOUNTRY SKIING THROUGH A SMALL VALLEY IN SOUTH TYROL.

WE OFTEN HAVE A FEW BREAD DUMPLINGS LEFTOVER FROM OUR SUNDAY ROAST. WHEN WE DON'T, WHIPPING UP A FRESH BATCH OF DUMPLINGS MADE FROM DAY-OLD BREAD IS A SMALL PRICE TO PAY FOR CREATING THIS FABULOUS SALAD. YOU WILL FIND THE BASIC RECIPE FOR BREAD DUMPLINGS ON PAGE 214.

WHEN USING THEM IN THE SALAD, ALLOW THE COOKED DUMPLINGS TO COOL A BIT.

2-3 BREAD OR SPINACH DUMPLINGS 2 TBSP BUTTER
2 HANDFULS ARUGULA 2 HANDFULS BITTER SALAD GREENS, SUCH AS BELGIAN ENDIVE,
RADICCHIO, OR OAK LEAF 3 TBSP WHITE BALSAMIC VINEGAR 2 TBSP OLIVE OIL
SALT AND BLACK PEPPER ½ TSP HOT MUSTARD, SUCH AS DIJON ½ TSP SUGAR
½ BUNCH CHIVES, CHOPPED 1 PIECE OF FRESH PARMESAN CHEESE (OPTIONAL)
TOASTED PINE NUTS OR PUMPKIN SEEDS, FOR GARNISH

Slice the dumplings. Melt the butter in a frying pan and add the sliced dumplings. Fry until they are light golden brown. Remove pan from heat and set aside. Wash and spin dry or drain the salad greens, then mix them together in a bowl. To make the dressing, place the vinegar, oil, salt, pepper, mustard, sugar, and chives in a screw-top jar. Cover and shake well. Pour the dressing over the salad and toss. Let stand for a few minutes to allow flavors to combine. Divide the salad among plates and arrange the warm dumpling slices on top. If using, shave some Parmesan over the dumplings. If desired, garnish the salad with a few toasted pine nuts or pumpkin seeds.