

Fluffy yeast dumplings

SERVES 4

WHEN I WAS A KID, MY GRANDMOTHER'S HOUSE WAS OFTEN FILLED WITH THE SEDUCTIVE AROMA OF OVEN-FRESH, FLUFFY YEAST DUMPLINGS.

TRADITIONALLY, THEY ARE BAKED WITHOUT A FILLING; SOMETIMES RAISINS ARE ADDED TO THE DOUGH. THERE IS ALSO A PLUM-FILLED VERSION. TO ME, THEY TASTE BEST WITH THE COLD VANILLA SAUCE FROM MY FRENCH TOAST RECIPE (PAGE 238), OR WITH CARAMELIZED PLUM COMPOTE (*THE GREAT OUTDOORS* SUMMER BOOK, PAGE 31).

1 LB 2 OZ (500 G) ALL-PURPOSE FLOUR OR BREAD FLOUR
 2 TSP ACTIVE DRY YEAST
 3 ½ OZ (100 G) CANE SUGAR
 ⅔ CUP (150 ML) MILK
 1 ¾ OZ (50 G) BUTTER
 3 EGGS
 ZEST OF ½ ORGANIC LEMON

Sift the flour into a large bowl. Stir in the yeast and half of the sugar. Place the milk in a small saucepan. Warm the milk over low heat, then add the butter. When the butter has melted, stir the warm milk (it must not be too hot!) into the flour. Add 2 of the eggs and the lemon zest. Knead everything together to make a smooth and elastic dough. Cover the dough with a kitchen towel and let it rise in a warm place until it has doubled in volume, about 30 minutes.

In the meantime, grease a roasting pan or baking dish with butter. Preheat the oven to 360 °F (180 °C).

When the dough has risen, knead it well then shape it into 8–10 balls. Place the dough balls on a floured tray or baking sheet and let rise again for 20 minutes.

Separate the remaining egg. Beat the yolk in a small bowl. Place the dumplings in the prepared pan or baking dish. Brush the egg yolk over the dumplings. Bake on the middle oven rack for 30 minutes or until golden brown. Serve immediately.

Pack up the leftovers and take them to the mountains!

