

Schwaebische Maultaschen

Ingredients/Zutaten

Pasta

- 4 cups (500 grams) all-purpose flour
- 1/2 teaspoon salt
- 4 large eggs
- 1/4-1/2 cup (60-120 milliliters) water

Pork and Spinach Filling:

- 1 pound fresh spinach, tough stems removed
- 130 grams of 2 day old rolls (about 4.5 ounces)
- 1/2 cup milk
- 1 tbsp (15 grams) unsalted butter
- 1 medium onion, peeled and finely minced
- 2 garlic cloves, peeled and minced
- 12 ounces (340 grams) ground beef, pork, or a combination
- 8 ounces (227 grams) raw bratwurst casing removed and crumbled
- 1/2 cup (20 grams) fresh parsley, finely chopped

- salt to taste

- 1/4 teaspoon black pepper, freshly ground
- 1/4 teaspoon nutmeg, freshly grated
- 2 large eggs

Serve

- 1 egg yolk
- 1 tablespoon (15 milliliters) water
- Broth
- Fresh parsley or chives, chopped



Directions/Zubereitung

Pasta Dough

1. In a large bowl, combine flour and salt.
2. Mix in eggs and slowly add just enough water to form a soft dough.
3. On a lightly floured surface, knead until smooth. If still too crumbly to come together, add a little more water. If too sticky to handle, add a little more flour.
4. Cover with a towel or plastic wrap and set aside at room temperature for 30 minutes.

Filling

1. Bring a large pot of water to a boil. Add the spinach and cook just until blanched, about 1 minute.
2. Drain and set aside to cool slightly. Once cool enough to handle, squeeze excess water out of the leaves and finely chop.
3. Chop the rolls into small cubes and place in a medium bowl. Add the milk and allow the bread to soak while you prepare the rest of the filling.
4. In a large skillet, melt butter over medium heat. Add onion and cook, stirring occasionally until softened.
5. Stir in garlic and cook until just fragrant (30 seconds to 1 minute).
6. Remove from heat and allow to cool slightly.
7. In a large bowl, combine beef or pork, crumbled bratwurst, parsley, salt, pepper, and nutmeg.
8. Add finely chopped spinach and cooled onion garlic mixture.
9. Squeeze milk from the cubes of bread and crumble into a bowl.
10. Add eggs and combine to create an evenly distributed filling.

Family Recipes

Maultaschen — Method 1

1. In a small bowl, whisk together egg yolk and water.
2. Divide dough into four equal pieces.
3. Place one piece on a floured work surface and cover remainder.
4. Line a large baking sheet with parchment.
5. Roll dough into a thin sheet using a pasta machine or rolling pin until about 1/16 inch (1.5 millimeter) thick.
6. Cut sheet of pasta into 3-4 inch (7.5-10 centimeter) squares.
7. Place spoonful of pork and spinach filling in center of square, leaving about 1/4-1/2 inch (6-12.5 millimeters) free around edges.
8. Brush edges with beaten egg wash and fold square of pasta over, sealing edges.
9. If desired, press a fork around the edges to seal well. Place on the parchment-lined baking sheet, and repeat with remaining dough and filling.

Maultaschen — Method 2

1. After rolling dough into a thin sheet, spread filling lengthwise across the sheet, leaving about 1-2 inches (2.5-5 centimeters) free on each side.
2. Brush free edges with egg wash and tightly roll up the dough, long side to long side, pressing out any air.
3. Use a wooden handle to press down on the roll of dough and create dumplings, about 2 inches (5 centimeters) apart.
4. Cut along the separated, pressed down edges to form the individual Maultaschen and arrange in a single layer on the parchment-lined baking sheet. Repeat with remaining dough and filling.
5. Bring a large pot of salted water to a boil. Reduce heat to a light simmer and cook the Maultaschen—a few at a time to not overcrowd—until floating on the top and cooked through (about 10 minutes).

Serving Options

1. Serve in broth with fresh herbs
2. Slice and pan-fry in butter with caramelized onions.

Suggested Pairings/Empfohlene Paarungen

- Knödel
- Kartoffeln
- Rotkraut
- Rotwein