

## Simple Flour Dumplings in Vegetable Soup

Yield: 3 portions (4-1 oz each) | Prep Time: 10 min | Cook Time: 5-7 min



### Purpose

Learn basic dough mixing, shaping, and boiling tender flour dumplings.

### Ingredients

- All-purpose flour – 2 cups
- Baking powder – 2 tsp
- Salt – ½ tsp
- Warm water – ¾ to 1 cup
- Hot vegetable soup or broth – 30 oz (about 3¾ cups)

### Directions

1. In a mixing bowl, combine flour, baking powder, and salt.
2. Gradually add warm water or stock, mixing gently with a spoon or spatula until a soft, slightly tacky dough forms.
3. Scoop or pinch dough into small dumplings (approximately 1oz or walnut size). Place on plate until ready to cook. \*can be covered and refrigerated for up to 24hrs at this stage.
4. Bring salted water or stock to a gentle simmer. \*can also be added directly to your favorite soup.
5. Add dumplings and cook until they float and feel tender, about 3-5 minutes.
6. Remove dumplings with a strained or slotted spoon, place in bowl and divide evenly among three bowls or as desired.
7. Ladle 10 oz of hot vegetable soup or broth over dumplings in each bowl and serve.



### Chef Ron's Notes

Keep dough soft—avoid overworking. Smaller dumplings cook more evenly. Dumplings may be cooked directly in the soup for richer flavor or separately for a clearer broth.

Experiment with adding fresh herbs, spices and cheers to dumpling dough.

Can be prepared with veg or meat broth in place of water.