



Strangolapreti in Trentino

Italian bread and spinach dumplings

Ingredients

- 2 cups spinach
- 1 cup stale bread, cut into breadcrumbs
- $\frac{3}{4}$ cup whole milk
- 2 large eggs
- $\frac{1}{4}$ cup flour, plus extra for dusting
- $\frac{1}{3}$ cup Grana Padano, grated plus extra for serving
- 1 pinch of nutmeg, freshly grated
- Salt
- Pepper
- $\frac{1}{3}$ cup Butter
- Semolina flour, for dusting
- Handful Sage Leaves

Directions

1. Place the breadcrumbs in a bowl with the milk, mix well and leave to soak.
2. Place a large frying pan over a high heat and add the spinach with just a sprinkle of water. Cover with a lid for a couple minutes whilst it wilts. Use kitchen tongs to stir the spinach until all the leaves are wilted. Squeeze the spinach with the tongs to release excess liquid, then place in a sieve to drain and cool.
3. Once cool enough to handle, squeeze out any more liquid and finely chop.
4. By now, the bread should have absorbed most of the milk. Place the bread in a bowl with the spinach, eggs, nutmeg, salt & pepper and mix well.
5. Add the flour bit by bit until the mixture starts to dry up and forms a dough- the less flour you use, the lighter and airier the dumplings will be. The mixture should be just stiff enough to roll into the dumpling shapes.
6. Cook a tester dumpling at this stage to check if the flour quantity is correct. Dollop a spoonful of the mixture into salted boiling water- it should float to the top after a minute. If the dumpling falls apart, add a little more flour.
7. Use your hands to roll the mixture into little cylinder-shaped dumplings. If mixture is very sticky, grease your hands with a little vegetable oil. Place the dumplings on a tray sprinkled with semolina flour to stop them from sticking.
8. Cook the dumplings in salted boiling water in batches as to not overcrowd the pan. They are cooked once they rise to the surface.
9. As the dumplings are boiling away, add the butter to a large frying pan over medium heat. Once the butter melts, add the sage leaves and continue to cook until the sage starts to crisp up and the butter turns a nutty brown.
10. Once the dumplings have floated to the top, drain and add to the flavored butter. Toss to evenly coat then serve up warm, with extra grated Grana Padano.