

Dumplings with Blueberry & Farmers Cheese

By Janek Palat



Dumplings

- 6 3/4 oz Lukewarm milk
- 2 1/4 tsp Active dry yeast
- 3 1/4 cups Flour
- pinch of Salt
- 1 Egg
- 1/4 cup Sugar

Filling

- Blueberries (or other fresh fruit)

Topping

- Confectioners Sugar
- Farmers Cheese
- Melted butter



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1. Combine milk, yeast and a pinch of sugar in a bowl and cover with a cloth. Allow it to set until it rises (about 10 min).
2. Add all the other ingredients and mix until the dough has a smooth texture and does not stick to the spoon. Rest the dough for a few minutes.
3. Divide the dough into 14 pieces. Process each piece into a flat round shape then add the blueberries (3-5), shape into a ball.
4. Steam for 5-8 minutes. Allow enough space between dumplings when placing them into a steamer. They will grow almost triple their volume. Check the dumpling with a skewer to ensure that dough does not stick.
5. Once ready, serve them immediately with farmer cheese, confectioners sugar, and melted butter



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