



Roter Hahn

STARTER

## Nettle dumplings

Nettles like to grow on the edges of paths or forests and their high iron and vitamin C content make them a regional superfood.



### Ingredients

4 PERSONS 30 MIN.

125 ml milk  
40 g butter  
1 1/2 nutmeg  
tsp

2 dspn flour

#### Other ingredients:

40 g parmesan cheese (grated)  
60 g brown butter

[www.rotershahn.it](http://www.rotershahn.it)

### Instructions - Nettle dumplings

1. Moisten bread with milk.
2. Wash, blanch, drain and finely chop nettles before mixing with bread.
3. Finely chop onion and garlic and sweat in butter before adding to bread along with eggs. Season with salt, pepper and nutmeg and knead thoroughly.
4. Finally, add flour and form small dumplings from mixture.
5. Boil in salted water for around 10 minutes.
6. Sprinkle with parmesan cheese and serve with melted brown butter.

Happy cooking



**Martha Thaler**

Farmer from 'Roter Hahn Hofschank'  
**ZMAILER-HOF IN SCHENNA**



THE WORLD OF ROTER HAHN ▾

South

Farm

Longing for

Cookery