Ricotta Drop Dumplings with Peas and Lemon Butter

About 20 small dumplings; 2 supper portions · Active 35 min · Total 1 hr 20 min

Skills: Confident beginner

Ingredients

- 1 cup firm pasteurized ricotta (250 g), drained for 30 minutes
- 1 large egg
- 3/4 cup all-purpose flour (90 g), plus up to 2 tablespoons (15 g) if needed
- 2 tablespoons finely grated Parmesan (15 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- 6 cups drinking-quality water for cooking (1.4 liters)
- 1 cup frozen peas (140 g)
- 1 1/2 tablespoons unsalted butter (20 g)
- 2 teaspoons lemon juice (10 ml)
- 1 teaspoon finely grated lemon zest (2 g)
- 1 tablespoon chopped parsley (4 g)

Set out

Fine sieve and bowl for draining ricotta, Mixing bowl and fork, Two dessert spoons, At least 3-liter (3.2-quart) saucepan, Slotted spoon, Instant-read thermometer, Two plates

Allergens

Milk, Egg, Wheat. Check labels and substitutions.

Timing

Includes 30 minutes to drain ricotta and a 10-minute dough rest, with some preparation overlapping. Very wet ricotta or repeated test dumplings can take longer.

Make it

1. Drain the ricotta in the sieve for 30 minutes, then mix with egg, 90 g flour, Parmesan, salt and pepper using a fork. Rest for 10 minutes. Keep the measured 15 g flour reserve separate.

2. Bring the measured cooking water to a gentle simmer. With two spoons shape one small oval dumpling, about one-twentieth of the dough, and lower it into the water. Simmer gently until it floats, then for another 3–4 minutes until set through and at least 160°F/71°C in the center. If it falls apart, stir 1 tablespoon of reserved flour into the remaining dough, rest 5 minutes and test again; use the final tablespoon only if needed.

3. Shape the rest into about 20 similar dumplings in total, including the test piece. Cook in two batches without crowding, using the same gentle simmer and cooked-center check. Lift carefully onto plates and cover loosely for the short wait.

4. Cook the peas thoroughly in the simmering water according to their packet, usually 3–4 minutes. Drain carefully. Empty the cooking water safely, then return the saucepan to low heat with butter, lemon juice and zest.

5. Once the butter melts, add cooked peas and dumplings. Fold gently for 30–60 seconds until coated and hot, scatter with parsley and serve immediately.

Choose a day with a little counter time

The dough bowl and draining sieve need safe space while the water heats. Keep the stove area clear and finish this meal before moving or packing the vehicle.

A useful detail

The flour reserve responds to a wet ricotta brand; it is not a reason to keep adding flour until the dough is easy to roll. The finished dumplings should be soft but hold their shape.

Keep it well

Best eaten immediately. Refrigerate cooked dumplings and peas promptly in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days or the ricotta package’s shorter limit. Reheat gently with a splash of water to 165°F/74°C. Do not keep raw egg-and-flour dough at room temperature while doing other jobs.