Pea and Carrot Drop Dumplings in Onion Broth

12 vegetable-studded dumplings in onion broth; 3 dumplings and one-quarter of the broth per serving · Active 25 min · Total 55 min

Skills: Easy

Ingredients

- 2 tablespoons neutral oil (30 ml)
- 2 medium onions (250 g), thinly sliced
- 5 cups vegetable stock (1.2 liters)
- 1 2/3 cups all-purpose flour (200 g)
- 2 teaspoons baking powder (8 g)
- 1/2 teaspoon fine salt (3 g), divided
- 1/4 teaspoon black pepper (0.5 g)
- 1 large egg (50 g without shell)
- 1/2 cup plus 2 tablespoons milk (150 ml)
- 1 large carrot (150 g), finely grated
- 1 cup frozen peas (140 g)

Set out

Wide lidded saucepan, about 4 quarts/4 liters, Mixing bowl, Grater, Spoon, Food thermometer

Allergens

Egg, Milk, Wheat. Check labels and substitutions.

Make it

1. Heat oil in the wide saucepan over medium-low heat. Cook onions for 15 minutes, stirring, until soft and lightly golden. Add stock, half the salt and pepper and bring to a gentle simmer.

2. Mix flour, baking powder and remaining salt in the bowl. Beat egg with milk, then stir into the dry ingredients with carrot and frozen peas just until combined.

3. Divide the mixture mentally into 12 portions and drop similar mounds into the simmering broth with a spoon, leaving a little room for expansion. Cover and maintain a gentle simmer for 18–22 minutes; do not boil hard or repeatedly lift the lid.

4. Check a middle dumpling: the center must be set, without a wet flour streak, and reach 165°F/74°C. Cook covered a few minutes longer if needed. Serve three dumplings and one-quarter of the onion broth per bowl.

Grate the whole useful carrot

Wash and trim the carrot, then finely grate the edible portion. A large coarse chunk cooks more slowly inside a dumpling, so save any awkward end for the broth or another planned meal rather than forcing it into the dough.

Ingredient labels

Stock may contain celery, soy or other allergens; check its label.

A useful detail

Use a wide pan so the twelve dumplings fit in one layer. If they require two batches, keep the first batch hot and allow about 20 extra minutes; the 55-minute total assumes one batch.

Keep it well

Cool dumplings and broth promptly in separate shallow containers within 2 hours, or 1 hour above 90°F/32°C. Refrigerate at 40°F/4°C or below for up to 2 days. Reheat gently with a lid to 165°F/74°C, adding a little water if the broth has thickened. The dumplings soften during storage.