

Savory Meat Dumplings

These delightful meat dumplings are a comforting dish that combines tender meat with a perfectly crafted dough. They're perfect for any meal and can be served with a dipping sauce or in a broth.


30 min

Total time

medium

Difficulty

350

kcal / serving

Ingredients

- 100g ground meat (beef, pork, or chicken)
- 50g all-purpose flour
- 30ml water
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1 tbsp chopped parsley (optional)

Steps

- 1 In a mixing bowl, combine ground meat, salt, pepper, garlic powder, onion powder, and parsley.
- 2 In another bowl, mix flour with water until a dough forms. Knead the dough for a minute until smooth.
- 3 Roll out the dough on a floured surface and cut into small circles.
- 4 Place a small spoonful of the meat mixture in the center of each dough circle.
- 5 Fold the dough over the filling and pinch the edges to seal.
- 6 Boil water in a pot and cook the dumplings for about 8-10 minutes until they float to the top.
- 7 Serve hot with your choice of sauce or broth.