

KREPLACH

FILLING INGREDIENTS

- Non-stick cooking spray
- 1 Onion (diced)
- 1 C Ground beef, chicken or turkey (raw) **OR** pureed edamame **OR** pureed vegetables
- 1 t Salt
- 1/4 t Garlic Powder
- 1/8 t Pepper
- 1/4 C Egg substitute
- 1 T Bread crumbs **OR** Matza meal

DOUGH INGREDIENTS

- 2 C Whole wheat pastry flour **OR** gluten-free flour of your choice
- 1/2 t Salt (use less if your protein is beef, chicken or turkey)
- 3 T Healthy oil
- 1/2 C Egg substitute
- 1/2 C Water
- 1 1/2 t Baking powder **OR** Soda



DIRECTIONS

- 1 Saute onion in a saute pan that has been sprayed with non-stick cooking spray
- 2 Remove from heat & cool
- 3 In a bowl place all your other filling ingredients & mix well and set it aside
- 4 In another bowl, combine flour, salt & oil & in a separate bowl beat egg substitute, water & baking powder **OR** soda
- 5 Add the egg mix to the flour mix & knead the dough
- 6 Roll the dough on a floured board until it's thin & cut into 3 inch squares
- 7 Place a teaspoon of the filling carefully in the center of each 3 inch square
- 8 Seal kreplach by pinching the edges of the dough to each other to make either a triangle
- 9 Fill a large pot with water & a dash of salt and bring to a boil
- 10 Cook kreplach until they float to the top but definitely no longer than 20 minutes
- 11 Remove from pot with a slotted spoon serving them as is or in soup

NOTES

- 1 Some prefer to use kosher wonton wrappers instead of making dough.
- 2 For pan-fried kreplach, spray a saute pan with non-stick cooking spray & when you put them in the pan spray the tops so they will get crisp when you flip them **OR** you can use a healthy oil to crisp them but you need to place them on a paper towel & put a paper towel on top to dry excess oil
- 3 If you want to freeze kreplach, it's best to dip them in oil right after you take them out of the water & put wax paper between the layers placing them in an air tight container.

