

Boxty Dumplings



Course: Boxy
Categories: potato
Source: Boxy House

Serving size: Roughly 8-10 portions
Preparation time:
Cooking time:

Ingredients

500 g / 17.5oz Mashed Potato, Cold
500 g /17.5 oz Raw Potato, Peeled
320 g / 11.3 oz Flour
10 g / 1/2 oz Salt

Directions

1. Grate the Raw Potato into a Muslin Cloth and squeeze as much liquid from it into a bowl. Leave this to stand for 20 minutes.
2. Gently pour of the water and leave as much of the starch that has settled in the bottom of the bowl.
3. Mix together the Mash & Grated Potato with the Flour
Add the Starch and the Salt and Knead on a floured surface
4. You can make this two way - either roll out the mix into a sausage shape and cut into bite-sized pieces or split the mixture into portions about the size of a tennis ball and shape into rounded dumplings. Ensure the Larger Dumplings are compacted by pressing firmly together with your hands.
5. Dust the dumplings with flour and plunge into rapidly boiling water. When the dumplings rise in the water, reduce the heat to a simmer and cook for a further 50 minutes for large dumplings or 10-12 minutes for small.
6. Remove the dumplings from the water and allow to cool. Once they are cool, you can pop them in the fridge to be fully chilled.

When they are fully chilled, they are ready to be sliced and are ideal fried in a little Irish butter although olive oil or rapeseed oil can be used instead.

Notes