



# **Rise's Kitchen Kreplach Making!**

## **INGREDIENTS**

### **1. Wrappers/Kreplach Dough:**

- 3 cups flour
- 2 tsp kosher salt
- 1 tsp baking powder
- 1/3 cup oil
- 1 1/4 cups warm water

### **2. Meat filling**

- 2 tablespoons vegetable or canola oil
- 3/4 cup finely chopped onion
- 1/2 pound chopped meat-beef, chicken or lamb/ or veggie crumbles
- 1 egg yolk
- 2 tablespoons finely chopped fresh parsley
- 1 teaspoon salt
- 1/4 teaspoon pepper

### **3. Potato filling**

- 2 tablespoons vegetable or canola oil
- 3/4 cup finely chopped onion
- 1 teaspoon finely chopped or crushed fresh garlic
- 1 egg yolk



- 1 cup cooked, mashed potato
- 2 tablespoons minced fresh parsley
- 1 tablespoon minced scallions
- 1 teaspoon salt
- 1/4 teaspoon pepper

#### **4. Cheese filling**

- 1 cup farmer cheese
- 1/4 cup sugar
- 1 egg, beaten

### **PREPARATION**

#### **1. Prepare filling OR fillings of your choice:**

##### **2. Meat Filling**

1. Heat corn oil in a skillet; sauté onions until nicely browned, remove with a slotted spoon, and set aside. Add meat to the pan and sauté on high heat, stirring frequently until all meat is browned. Put the onions back in, and sauté with meat, stirring constantly for 1 minute. Let cool. **PREPARE THIS FAR BEFORE CLASS.**

2. In a bowl, thoroughly mix meat-onion mixture with all remaining ingredients.

##### **3. Potato Filling**

1. Heat corn oil in a skillet, and sauté onions until nicely browned. At the last minute, add garlic, which browns quickly. **PREPARE THIS FAR BEFORE CLASS.**

2. In a large bowl, combine onion-garlic mixture with all other ingredients, and blend thoroughly.

##### **4. Cheese Filling**

1. Combine all ingredients in a bowl, and blend thoroughly.



## 5. Wrappers/Kreplach Dough

1. To make the dough, place the flour, salt, and baking powder in the bowl of your food processor.
2. Pulse a couple of times.
3. Add the oil and warm water and process until the dough starts to come together.
4. Tip it out onto a piece of parchment paper, form into a disk, wrap well, and set aside to rest for two hours.
5. Place a flatware teaspoon of filling in the center of the square and fold diagonally to create a triangle. Seal sides with egg mixture.
- 6.. Bring a pot of water to a vigorous boil, add 1 tablespoon salt, drop in the kreplach, and cook for 20 minutes. Serve in chicken soup or, for dairy fillings, with sour cream and fried onions. **ONIONS CAN BE DONE DURING CLASS HAVE THEM THINLY SLICED BEFORE HAND.**

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