

Plain Flour Dumplings

Louelle Corbett

Gourmet Eating in South Carolina - (1985)

4 cups flour

1 cup warm water

1 teaspoon salt

3 - 4 drops yellow food coloring

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In a medium mixing bowl, sift the flour and salt. Make a well. Pour the warm water into the well. Stir until you make a stiff dough.

Place the dough on a well floured surface and knead until smooth and stiff, but not too hard.

Roll the dough out to about 1/8-inch thick. Cut in two-inch squares and leave out to air dry for three or four hours.

Drop the squares into boiling chicken broth, one layer at a time. With a fork, stir the layer until wet with stock. Add another layer and repeat until all of the stock is absorbed. After the last layer is added, cook for 1 minute, then remove from the heat.

In a four-quart pot with rich stock, use four to five layers. Do not cover while cooking.

If desired, the dumplings may be frozen uncooked. Place a wax paper layer between dumplings.

(This will produce enough dumplings for a three-pound fryer.)

Per Serving (excluding unknown items): 1820 Calories; 5g Fat (2.5% calories from fat); 52g Protein; 382g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 2149mg Sodium. Exchanges: 25 Grain(Starch).

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	1820	Vitamin B6 (mg):	.2mg
% Calories from Fat:	2.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	85.9%	Thiamin B1 (mg):	3.9mg
% Calories from Protein:	11.6%	Riboflavin B2 (mg):	2.4mg
Total Fat (g):	5g	Folacin (mcg):	130mcg
Saturated Fat (g):	1g	Niacin (mg):	30mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	n n%
Carbohydrate (g):	382g	Food Exchanges	
Dietary Fiber (g):	14g	Grain (Starch):	25
Protein (g):	52g	Lean Meat:	0
Sodium (mg):	2149mg	Vegetable:	0
Potassium (mg):	535mg	Fruit:	0
Calcium (mg):	94mg	Non-Fat Milk:	0
Iron (mg):	23mg	Fat:	0
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Amount Per Serving	
Calories 1820	Calories from Fat: 45
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 2149mg	90%
Total Carbohydrates 382g	127%
Dietary Fiber 14g	58%
Protein 52g	
Vitamin A	0%
Vitamin C	0%
Calcium	9%
Iron	129%

* Percent Daily Values are based on a 2000 calorie diet.