

Mangalitsa Liver Dumpling Soup

Leberknödel Suppe



After sharing some pictures of my Mangalitsa Liver Dumplings and I got so many questions about the recipe, so here we go:

We call them Leberknödel in Germany. They are a specialty from the South of our country, but you can find them also in Austria and some other parts of Europe. My Austrian husband loves them even when he is not a fan of liver! Many people who do not like liver love this dish, so give it a try.

Liver – nutrient-dense superfood!

In America eating liver is not as common as in Europe and that's a shame as liver is a highly nutrient-dense superfood. It is packed with bioavailable iron, complete protein, and essential vitamins like B12, A, and riboflavin.

These nutrients promote red blood cell formation, support eye and brain health, and boost overall energy metabolism. Gram for gram, liver contains more vitamins and minerals than any other meat, fruit, or vegetable. A single 3-ounce serving of liver contains more than 100% of your daily requirement for vitamin A, copper, and vitamin B12.

I think most people find working with liver unpleasant, simply because it smells. It's also quite blobbery and if you are too shy with salt and spices, it can taste a bit bitter or weird. But if you are doing it right and brave the scent, you will be rewarded with a very unique and well-tasting dumpling. Many people who do not like to eat liver love liver dumplings. Give it a try!

Hot to eat Liver Dumplings

These dumplings are usually eaten in a broth. We call that meal "Leberknödel Suppe" – so if you travel to Munich and you see that word on the menu, now you know what it is.

You also can slice the dumplings when you have too many and fry them in lard, eat them with some mustard, ketchup or fried onions and bread.

Kitchen aid or blender

I made the liver dumplings with my blender, the dough was very smooth. In former times people didn't have such machines so they made it all by hand. Those dumplings have a more rough texture but the taste was the same.

Use your old bread

Like the dumplings from rolls, you will need rolls from the previous day or old bread which is cut in cubs. You can also buy turkey / pork stuffing, but as those have seasoning you need to adjust the salt and pepper.





Ingredients

- 500 g liver (as I raise Mangalitsa pigs, I for sure use that liver)
- 1 onion
- 1 small piece butter or lard
- 250 g old bread or breadcrumbs (small cubs)
- 250 ml warm milk
- 1 egg
- some parsley, chopped
- some chives, chopped
- 1 teaspoon salt
- 1/2 pepper
- hint of nutmeg
- some nutmeg (optional)
- I added some BBQ seasoning
- Some vegetable oil (for your hands)
- (some breadcrumbs if the dough is too soft)



INSTRUCTIONS

1. Cut the onion in cubes and fry them in a little bit of butter / lard. Chop some of the parsley and chives and add to the onions for the last 2 minutes.
2. Set the fried onions aside.
3. Put the bread cubes / crumbs into a bowl and pour some of the milk over it, mix well, so they all get a little soaked but not too wet.
4. Cut the liver into pieces and put in a kitchen aid / blender and blend well.
5. Place the soaked bread cubs, liver, sautéed onions, parsley and eggs in a bowl and knead into a mixture. If too sticky, add a little more breadcrumb, if too stiff add a little milk.
6. Put into the fridge for 1/2 hour.

Some people put everything in a blender and blend all quickly together.

7. Bring a large cooking pot with beef broth to a boil and reduce heat to a simmer.
8. I shape the dumplings with my hands. Poor some oil on your hands so the dough doesn't stick to your hands. Shape dumplings (can be small like an egg or big like a meat ball) and carefully set them into the broth.
9. When the dumplings start floating to the top, wait 5 – 10 minutes (depending on size) for the dumplings to simmer in the broth.
10. Take the dumplings out and add them to a plate with the hot broth. Add some chopped parsley on top of the dumpling.
Some people boil the dumplings in hot salted water and add them in beef broth later, but I cook them in the broth and serve them together. **Guten Appetit!**



Here you can see the consistency of the dough. Add oil to your hands so the dough doesn't stick too much on your hands.

Average Nutritional values (per serving) taken from Internet

Calories: 309 kcal | Carbohydrates: 24 g | Protein: 28 g | Fat: 11 g | Saturated fat: 5 g | Polyunsaturated fat: 1 g | Monounsaturated fat: 2 g | Trans fat: 0.3 g | Cholesterol: 296 mg | Sodium: 2793 mg | Potassium: 667 mg | Fiber: 2 g | Sugar: 6 g | Vitamin A: 15,155 IU | Vitamin C: 11 mg | Calcium: 173 mg | Iron: 7 mg