



## German Cabbage and Dumplings

### Description

In the heart of the Midwest, where fields stretch across the horizon and the air is crisp with the scent of changing seasons, German Cabbage and Dumplings is more than just a dish. It's a warm embrace of nostalgia and simplicity, passed down through generations who cherished using every part of what the land had to offer. These humble ingredients come together to create a bowl of comfort, perfect for those evenings when the farmhouse windows fog as the kitchen fills with the aroma. This dish invites memories of family gatherings around a sturdy table, where stories were shared just as much as food. This hearty dish pairs beautifully with simple accompaniments such as buttery mashed potatoes or a freshly baked loaf of crusty sourdough bread. A side of applesauce or pickled beets provides a lovely contrast to the savory richness, while a glass of chilled Riesling can bring out subtle flavors of the cabbage and dumplings. Complete the meal with a warm apple strudel for dessert, and you've got yourself a dinner reminiscent of gatherings in Oma's cozy kitchen.

### German Cabbage and Dumplings

#### Ingredients

1 medium head of green cabbage, chopped  
2 tablespoons butter  
1 onion, finely chopped  
Salt and pepper to taste  
1 cup all-purpose flour  
1/2 teaspoon salt  
1/2 cup milk  
2 large eggs  
Chopped fresh parsley for garnish (optional)

#### Directions

1. In a large pot, melt the butter over medium heat. Add the onions and sauté until they are soft and translucent.
2. Add the chopped cabbage to the pot, season with salt and pepper, and stir to combine. Cook, stirring occasionally, until the cabbage is tender, about 20 minutes.
3. While the cabbage is cooking, prepare the dumpling batter. In a medium bowl, whisk together the flour and salt.
4. In a separate bowl, beat the eggs and milk together. Gradually add the wet mixture to the dry ingredients, stirring until a thick batter forms.

5. Bring a pot of salted water to a gentle boil. Using two spoons, drop small portions of the dumpling batter into the boiling water. Cook until the dumplings rise to the surface and are cooked through, about 3-5 minutes. Remove with a slotted spoon and set aside.
6. Once the cabbage is tender, gently fold in the cooked dumplings until everything is well combined.
7. Garnish with chopped parsley if desired, and serve warm.

#### **Variations & Tips**

For a heartier version, add slices of smoked sausage or bacon to the cabbage as it cooks. You can also experiment by using red cabbage instead of green for a slightly sweeter flavor. For a touch of acidity, add a splash of apple cider vinegar or a handful of sauerkraut to the cabbage mixture. If you like your dumplings with a bit more texture, try using whole wheat flour or adding some chopped herbs to the batter.

#### **Category**

1. Grandma Recipes

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