



Dumplings with Mediterranean Vegetables

Serves: 4

Ingredients:

Italian dumplings

100g fine semolina
100g 00 flour
150ml milk
2 whole eggs
½ tsp ground nutmeg

Vegetable ragù

1 onion, finely chopped
1 aubergine, 1cm dice
1 courgettes, 1cm dice
1 red pepper, 1cm dice
30 cherry tomatoes, halved
15 basil leaves shredded
20ml olive oil
Grated Parmesan to finish off the dish

Method:

1. Begin by making the Italian dumplings. Place all of the ingredients for the dumplings into a bowl and whisk until you have a smooth paste with no lumps, allow to rest for 30 minutes, occasionally giving it a whisk.
2. Add the olive oil to a 30cm frying pan. Heat gently, add the onion and cook until softened and without colour, for about 4-5 minutes.
3. Add the red peppers and cook for about 5 minutes. A great cooking tip: to prevent your vegetables colouring, you can add a splash of water, which reduces the heat of the pan and adds moisture to your vegetable which in turn, will prevent them from colouring.
4. Add the aubergine and cook on a low heat for about 8 minutes, stirring occasionally.
5. Add the courgettes and tomatoes and cook for a further 6-8 minutes.
6. Once the vegetables are cooked, add the basil leaves and stir through the sauce.

7. Bring 6-8 litres of water to the boil. Using a scraper, pass the dumpling mixture through a tin/tray which as 10mm holes dotted all over. *Please see image, this is a pizza tray, however, you could make your own by using a cake tin and drill the holes yourself ensuring you have smoothed off both sides of the surface. In my video, I am using a chestnut roasting tray which already has the holes.*
8. Cook the dumplings until they float to the top, for about 2 minutes.
9. To serve, add the dumplings to the vegetable ragù and stir through gently with the shredded basil leaves, being careful not to break the dumplings. Place in bowls and add the grated parmesan on top.

