

Kreplach

Carole Garrigos*

(A recipe from her mom, Faye Chazin Blumenberg)

Ingredients

3-4 pounds chuck roast

5 large yellow onions, sliced

Salt and pepper

2 tablespoons oil

2 packages wonton skins

Pat chuck roast dry and season with salt and pepper. In a Dutch oven, heat oil over medium high heat. Add chuck roast and sear until nicely browned, about 5 minutes. Turn and sear on opposite side for 5 minutes. Reduce heat to low, add a cup of water and sliced onions to the pot, cover and cook for 3 hours. Once meat is cooked, set aside to cool.

Cut meat into small chunks and grind in food processor until well blended, adding in the onions and a small amount of gravy from the pot. Consistency of meat should be similar to that of chopped liver.

To assemble the kreplach, take a wonton skin and add a small amount of meat mixture to the center. Dip your finger into a bowl of water and lightly wet each edge of the square wonton. Fold diagonally to form a triangle and press edges together to seal shut. Pick up the two end points of the triangle and bring them together, folding one end over the other and pinch to seal the two ends together. Repeat process until you run out of ingredients. Place completed kreplach in the freezer for a minimum of 4 hours.

When ready to cook, place frozen kreplach in a pot of boiling salt water until they float to the surface, approximately 2 minutes. Gently remove kreplach with a slotted spoon and place on an oiled cookie sheet, toss with vegetable oil and sprinkle with salt. Bake at 425 degrees for 10-20 minutes or until nicely browned. Toss halfway through. Add kreplach to chicken soup or enjoy as a side dish or snack.

**This recipe has been a part of my family for several decades. My mom, Faye Chazin Blumenberg, taught me how to make kreplach. Now, so many years later, I'm still enjoying this recipe and sharing it with my family.*