



The Golden Thimble's Blue Book Recipes

<http://www.thegoldenthimble.com>

Grandma Gould's Popeye Dumplings

2 cups all-purpose flour
½ teaspoon baking soda
1 teaspoon baking powder
½ teaspoon salt
3 tablespoons lard
1 cup whole milk buttermilk

Sift flour, soda, baking powder and salt into a mixing bowl.

Cut in lard with a pastry blender until mixture resembles coarse meal.

Make a well in center, pour in buttermilk and stir until dry everything is mixed together well.

Lightly flour your work surface and turn dough out onto it. With lightly floured hands knead the dough until it is smooth as you would biscuit dough then divide it into 3 equal sections.

Lightly flour and roll one section at a time out to the thickness of piecrust, about 1/8-inch.

Cut into 1-inch wide strips, 2-inches long.

Drop dumplings into pan of boiling chicken broth.

Salt and pepper to taste

Boil dumplings for 5-7 minutes.