

Swabian „Mautaschen“ variations

Reference: „Das Blaubeurer Landkochbuch“ from KreislandFrauenverband Blaubeuren (District association of rural women Blaubeuren, Germany)

Pasta dough

250 g flour	
1 pinch salt	and
3 eggs	and
2 tbsp. oil	knead until a smooth dough is formed, cover the dough and let rest for about 30 minutes.
additional flour	When processing the dough, add flour so that the dough does not stick to the pasta board or in the pasta machine.

Classic minced meat filling

375 g minced meat	into a bowl.
1 bread roll / bun	cut into fine cubes,
1 onion	cut into fine cubes,
2 tbsp. parsley	peel and chop into small pieces,
2 eggs	wash and cut into small pieces, add onions and parsley.
salt, pepper, nutmeg, thyme, basil	season to taste. The dough should be easy to spread but sticky. If necessary use some egg or breadcrumbs. Now roll out the pasta dough thinly and cut out rectangles of about 7 x 15 cm. Place the filling in portions on the rectangles with a tablespoon, brush the edges with
egg yolk	Fold up and squeeze the edges well together.
	Boil the Mautaschen about 15 minutes in soup stock.

Fish filling

200 g fish fillet	wash, cut into small pieces and puree finely with
50 ml cream	and
50 g creme fraiche	
1 egg white	Ant the juice of
1 lemon	Stir to a smooth mixture. Season with
salt, pepper	Process in the same way as the toll bags filled with minced meat. If the mixture becomes too thin, level out with breadcrumbs. Cook the Mautaschen for about 15 minutes in a fish stock or vegetable stock.

Tip from Carmen: I like small salmon Mautaschen, I use smoked salmon. A lemon sauce goes very well with it.

Vegetable filling

1 leek
200 g carrots
1 kohlrabi and
1 onion wash, peel and very finely dice or grate. Put everything in a bowl,
with
1 egg and
40 g flour mix with
herbs and season with
salt, pepper Boil the Maultaschen about 15 minutes in soup stock.

Spinat Brät-Füllung

150 g spinach dice and mix with
100 g sausage meat
1 onion Dice and add
1 – 2 EL herbs Mix everything in a bowl. Season with
salt, pepper Boil the Maultaschen about 15 minutes in soup stock.

Carmens Maultaschen family recipe

onions dice, sauté in a pan with a little oil. Add
bacon and fry everything a while. Add
spinach and cook until almost soft. Add
spring onion and also let it cook slightly. Season with
salt, pepper, nutmeg Remove the pan from the heat and let it cool down a little. Add
minced meat
eggs and
breadcrumbs Mix everything until a smooth but sticky consistence.
Boil the Maultaschen about 15 minutes in soup stock.