Umach soup with rubbed dough pieces

Serves 4 · 3 h 25 min

Ingredients

250 g	Diced beef
200 g	Potato 1 pc
40 g	Carrot ¾ pc
20 g	Spring onion
10 g	Parsley 2½ tbsp
800 g	Water 4 glass
85 g	Wheat flour ¾ glass
45 g	Egg 1 pc
15 g	Water
2 g	Salt ¼ tsp

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Boil the meat whole. When cooked, cut it against the grain into pieces so that each person gets 1-2.
2. Dice the carrot and parsley very small. Mince the spring onion finely. Slice the potatoes.
3. Sift the flour into a bowl and make a well in the middle. Put the egg, the salt and 15 g of water into the well and mix. Rub the dough with your fingers into grains a little larger than chickpeas, and keep rubbing so they do not clump.
4. Strain the cooking liquid and bring 800 ml of it to a boil (plain water also works). Drop in the potatoes, onion, carrot and parsley and cook the vegetables.
5. Add the dough grains for the last 5-8 minutes of the soup. Add salt, cook while stirring, and serve hot.
   5 min

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