



**Makes 15 dumplings + 4 cups
gravy**

Preparation Time: 1 hours

Cook Time: 30 minutes

INGREDIENTS:

2 lb. Yukon gold potatoes,
peeled and halved (8 cups)

½ cup whole wheat flour

2 tablespoons flaxseed meal

½ teaspoon ground nutmeg

1 teaspoon sea salt, plus more
to taste

¼ teaspoon freshly ground black
pepper, plus more to taste

2 tablespoons potato starch

8 oz. sliced fresh mushrooms (6
cups)

1 medium onion, diced (1½ cups)

6 cloves garlic, minced

2 teaspoons finely chopped fresh
sage

2 teaspoons finely chopped fresh
thyme

2 cups unsweetened, unflavored
plant-based milk

1½ teaspoons white wine
vinegar

1 tablespoon finely chopped
fresh parsley

German Potato Dumplings with Mushroom Gravy

A staple side dish throughout Germany, these gnocchi-like dumplings are hearty enough to serve as an entrée, too. The **potato** dumplings feature a sprinkling of nutmeg—which adds a warm, savory flavor—and are boiled before serving to achieve a delicate, melt-in-your-mouth texture. The herb-infused **mushroom** gravy is bursting with umami and gets its drool-worthy creaminess from a slurry of whole-wheat flour and plant-based milk. White wine vinegar offers a splash of bright acidity to balance out the rich flavors, but lemon juice can be used in its place if you don't have the vinegar on hand. Garnish each serving with chopped parsley for a bright pop of color and peppery finish.

For more vegan dumpling-inspired recipes, check out these taste ideas:

- [Vegetable Stew with Herbed Dumplings](#)
- [Sweet Potato and Shiitake Mushroom Dumplings](#)
- [Tofu Vegetable Mimos with Tomato Chutney](#)
- [Creamy Vegan Spinach Knishes](#)

By Darshana Thacker Wendel

- 1 Place potatoes in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 15 to 20 minutes or until potatoes are tender when pierced with a fork. Transfer potatoes to a large bowl. Mash with a potato masher. Add ¼ cup of the flour, the flaxseed meal, nutmeg, 1 teaspoon salt, and ¼ teaspoon pepper. Massage mixture until a dough forms.
- 2 Shape ¼ cup dough into a tightly packed ball and roll in potato starch. Place in a covered container. Repeat with remaining dough until you have 15 balls, and refrigerate until ready to cook.
- 3 For gravy, in a large saucepan combine mushrooms, onion, garlic, sage, thyme, and ¼ cup water. Cook over medium-low 10 minutes or until all excess moisture has cooked off and the mushrooms start to brown, stirring occasionally.
- 4 Transfer ⅓ cup of the mushrooms to a small bowl.
- 5 Stir the remaining ¼ cup flour into the mixture in the saucepan. Cook 1 minute or until flour begins to stick to the bottom of the pan. Stir in milk; increase heat to medium and cook 5 to 10 minutes or until gravy thickens, stirring frequently. Stir in vinegar and season with salt and pepper. Stir in the reserved ⅓ cup mushrooms. Keep warm.
- 6 Bring a large pot of water to boiling. Using a slotted spoon, add the dumplings to boiling water 4 or 5 at a time. Cook 1 ½ minutes, then immediately transfer dumplings to a platter using slotted spoon. (Do not overcook.) Repeat with remaining dumplings.
- 7 To serve, place a few dumplings on a plate or in a shallow bowl. Spoon gravy over top. Garnish with parsley. Serve hot.

