

**Whole Wheat Dumplings  
(Mehlspatzen)**  
(12 servings)

**Ingredients:**

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2 cups whole wheat Flour  
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4 large Eggs  
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Salt, Pepper, ground Nutmeg  
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Water + Seltzer Water  
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Italian Parsley, coarsely chopped  
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**Preparation:**

Bring a large pot of salted water to a boil.

Mix the flour, eggs and some of the water ( $\frac{1}{2} + \frac{1}{2}$ ) in a bowl until all the lumps are dissolved (I'll bring a hand mixer). The seltzer water makes the dumplings puff up a bit.

Add salt, pepper and ground nutmeg to taste and add the chopped parsley. The dough should not be liquid but rather somewhat heavy, not dripping off a spoon.

Drop dough by the half-spoonful into the boiling water (Ask me, I'll show you) and take them out with a wire skimmer after about 3 minutes. That time is not critical.

Place them in a large colander so they can dry up a bit. Keep going until all the dough is used up.

Serve with the rabbit and the veggies.