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# Groten Hans or Mehlbudle (Steamed Dumpling)

**Recipe Number:** 47

**Prep time:** 15 minutes

**Cook time:** 2 to 3 hours

**INGREDIENTS:** 4 egg yolks, beaten  
½ cup sugar  
½ cup melted butter  
4 cups flour  
1 tsp. baking powder  
½ tsp. salt  
1 ¾ cup milk/or more  
1 tsp. vanilla  
prunes or raisins  
4 beaten egg whites

Sauce: Grape jelly (or any flavor) melted with cream or ½ & ½ to pour over top.

**DIRECTIONS:** Combine egg yolks, sugar and melted butter. Sift together the dry ingredients and add alternately to the egg yolks with the milk. Add vanilla and prunes/raisins and fold in the beaten egg whites. Turn into wet dish towel (or empty shortening can) and steam 2-3 hours or until firm.

Melt jelly in either cream or ½ & ½ to pour over the mehlbudle.

**STORY:** *This recipe comes from great grandparents that came from the Schleswig-Holstein area of Germany. The batter can be poured into a wet cloth which is tied. This is how my grandmother and mother made it. I did too until I figured out that an empty shortening can worked well in the double boiler. I pour a sauce of jelly mixed with cream over it. It is also good fried the next day as a leftover. Haven't convinced my children or grandchildren that it is absolutely wonderful. Perhaps the taste isn't what every person likes but the memories of eating it with my family.*



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