

Kneidlach (matzo balls)

Bialik College Kitchen Garden Program



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Ingredients:

- ☐ 4 large eggs
- ☐ 4 tablespoons rice bran oil
- ☐ 2 tablespoons soda water
- ☐ 1 cup matzo meal
- ☐ 1 teaspoon baking powder
- ☐ ¼ teaspoon salt
- ☐ ¼ teaspoon garlic powder
- ☐ ¼ teaspoon onion powder
- ☐ 1 tablespoon fresh dill or parsley, finely chopped
- ☐ **To boil the kneidlach:**
- ☐ Water, in pot
- ☐ 1 tablespoon salt

Equipment:

- ☐ Metric measuring spoons
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Medium mixing bowl
- ☐ Whisk
- ☐ Fork
- ☐ Large saucepan or stockpot
- ☐ Small mixing bowl
- ☐ Wooden spoon
- ☐ Slotted spoon
- ☐ Ladle

Method:

1. Crack the eggs into a medium mixing bowl. Add in the rice bran oil and soda water, then whisk egg mixture until fluffy and well combined. The more you whisk, the fluffier your kneidlach will be.
2. Use a fork to stir in the matzo meal, baking powder, salt, garlic powder, onion powder and finely chopped herbs. Combine to form a thick batter. Cover and place the batter in the refrigerator to chill for 30 minutes.
3. While the batter is chilling, half fill a large pot with water and add 1 tablespoon of salt. Bring it to a simmer, stir to dissolve the salt. Keep the water hot until the matzo mixture is fully chilled.
4. Place a small bowl of cold water beside the pot of boiling water. Take the chilled batter out of the fridge. Wet your hands and gently roll teaspoons of batter into balls, then gently lower into the simmering water using a slotted spoon. Wet your hands between each roll to make the shaping easier. Try not to squeeze or compress mixture too much. Don't make them too big as they will expand a lot as they cook!

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5. When all the kneidlach are in the water, bring back to a low bubbling simmer and cover the pot. Let the kneidlach simmer for 20-25 minutes, keeping the pot covered for at least the first 20 minutes. No peeking! Keeping the pot covered will help them become fluffy.
6. To test if the kneidlach are ready, cut one in half and check to see if the texture and colour is consistent throughout. If too dense or dark in the centre, continue simmering.
7. When the kneidlach are fully cooked through, turn the heat off and gently remove and place into your prepared vegetarian broth or you could place a few kneidlach into each serving bowl and ladle broth over the top.
8. Sprinkle of finely chopped fresh herbs to garnish and enjoy!