

Desserts of the World: Hungary

Presented Sep 17, 2019, by Maria Taivalmaa

Hungarian Plum or Apricot Gombóc Dumpling

Springtime: apricots. Fall: plum.

Dough ingredients

3 cups flour, more or less as needed to make a medium-stiff dough
4 Tablespoons (half stick) butter
1½ cups unseasoned mashed potatoes, cooled
1 Tablespoon sugar
1 teaspoon salt
1 egg, lightly beaten

Filling ingredients

Note: This recipe requires the fruit to remain whole, so make sure to use freestone plums or apricots. The pits must come out easily.

25 whole plums or apricots, pits removed (see note above)
1 cup sugar
1 teaspoon cinnamon (optional)
¼ cup oil
2 cups plain breadcrumbs (any kind of bread will do, but must be unseasoned)
1 teaspoon salt

Directions

1. To make the dough: Mix cut butter into the flour until dough is crumbly (like a pie crust).
2. Gently mix in mashed potatoes, sugar, salt and lightly beaten egg. Dough should be medium-stiff (like bread dough).
3. Roll dough out to about 1/8-inch thickness.
4. Using biscuit cutter or water glass, cut dough into 25 circles (one per piece of fruit). Or hand-cut with knife into squares.
5. Prepare the fruit: Mix sugar and cinnamon (if using). Use a teaspoon to fill each fruit's cavity with sugar. Pinch each fruit closed.
6. One at a time, lay each fruit cut side down in the center of a dough circle, taking care to keep the sugar inside the fruit. Wrap the dough tight around the fruit, pinching the dough closed. Roll it in the palms of your hands to make an even, round ball.
7. Heat oil in frying pan and toast breadcrumbs until golden brown. Set aside.
8. On the stove, heat water to boiling in a large pot. Add 1 teaspoon salt.
9. With a slotted spoon, place about 5 gombóc into the boiling water – taking care that water stays at a slow boil and gently stirring gombóc to make sure they don't stick to the bottom of the pan. When gombóc rise to the surface – a minute or two – let them cook another 30 seconds or so and remove with a slotted spoon. Immediately roll hot gombóc in toasted breadcrumbs until coated.
10. Repeat until all gombóc are finished.
11. Serve hot or cold with additional cinnamon-sugar sprinkled on top. Warning: be careful of hot fruit juice when biting into hot gombóc.



Here's a recipe to use up leftover gombóc dough:

Hungarian Lángos

Lángos can be savory (great with soup or stew) or sweet (great for breakfast or with tea or coffee).

Ingredients

Leftover dough from gombóc recipe

1 Tablespoon oil (I use avocado oil; it can be heated to 500 degrees without burning)

Directions

1. Pinch off golf-ball-sized pieces of dough.
2. Roll the balls in flour. Using a rolling pin, flatten each to about ¼-inch thick.
3. Heat the oil in a frying pan
4. Fry one dough circle at a time, turning until brown on both sides. The circles will puff up.
5. Remove and drain on paper towels.
6. For savory: sprinkle with salt and rub with fresh garlic. For sweet: sprinkle with cinnamon sugar.