

## Mozart's favorite dish: Liver Balls (Liver Dumplings)

(aka: "Great Balls of Mozart")

### Ingredients

9 oz to 16 oz calf or  
beef liver, finely chopped  
and cooked  
(can use either fresh or  
frozen liver)

3 stale rolls (or bread)

½ pint milk

3.5 oz butter \*\*\*

*(only needed if you'll be frying your dumplings and not boiling them)*

1 small onion

1 egg

salt/pepper to taste (either kosher or sea salt)

pinch marjoram (fresh or dried)

pinch parsley (fresh or dried)

3.5 oz fine bread crumbs \*\*\*

*(only needed if you'll be frying your liver dumplings instead of boiling them)*



## **Materials:**

Large pot filled  $\frac{3}{4}$  with water which you'll need to bring to a boil (add a little salt to the water).

Large mixing bowl.

Two frying or sauté pans (you'll need this for cooking the liver, making the gravy, and prepping the onions)

If frying your dumplings (instead of boiling them) you'll need a third frying/sauté pan.

## **Steps:**

Saute your chopped liver in a pan – it needs to be pre-cooked before making into the dumplings. Cook to medium well or well done. NOTE: save the drippings that will be left over.

Let liver cool to touch on a plate. When they are cool enough – you can break them apart into small pieces.

In a bowl, pour milk over the rolls and work it in.

Chop onion and sauté in the butter in a frying pan.

Mix the rolls, cooked liver, and the spices together in a large mixing bowl. Make into a dough.

Form the dumpling balls (about 2 to 3" in diameter) and boil them in salted water. *Note: You can also fry the dumplings in vegetable oil or butter. You'll need to coat the dumplings with breadcrumbs if you fry them.*

Boil dumplings for 12 to 15 minutes so that they become firm.

Drain the dumplings and serve on a warm dish.

To keep them warm and fresh until you are ready to eat or while you are making the gravy sauce, place dumplings in a steamer or sit them in your metal colander atop of a sauce pan of hot water.



### **Other:**

If you'd like to create a little gravy/sauce to enjoy with your dumplings:

## **Ingredients:**

Sour cream

Liver juice/drippings (saved from your cooking of the liver or can use drippings from another meal)

*(Note: if you have no beef juice – you can use a beef bouillon cube)*

Half, small onion - chopped

Small container of sour cream

¼ cup red wine or sherry

2 tablespoons flour

## **Steps:**

Saute the liver drippings in a frying pan with chopped onion.

Stir in wine and flour, stir briskly to create a gravy-like sauce (make sure to get out any lumps).

Pour gravy sauce over bottom of colorful serving dish.

Swirl in with a fork, a dollop or two of the sour cream to make a decorative pattern in the sauce.

Place your warm dumplings decoratively atop the bed of sauce and sour cream on your serving dish