

FILLED NOODLES - ORIGINAL

F MEDIUM

Last Modified: 12/30/2019

PREP: 2 Hrs 30 Min
COOK: 1 Hr 30 Min
OVEN: 325

MOM K'S-CASSEROLE

MAKES 8 To 10 SERVINGS

4	Oz	Sour Cream (Breakstone)	
48	Oz	Small Curd Cottage Cheese	Drained
2	Quarts +/-	Half & Half	
1	Stick	Unsalted Butter	Pats

EGG NOODLES

6	Large	Eggs	Beaten
6	Tbsp	Half & Half (From Quart)	
3	Tsp	Sea Salt	
4	Cups	All Purpose Flour	

PREPARATION

FACTOID	This is an original recipe from Grandma Katie's kitchen, brought over from Russia when she and Grandpa immigrated to this country in 1911. Dad loved it dearly, so Mom got the recipe from her and perpetuated it onwards as have Garry, Tom and I. I had slightly "changed" Grandma's original recipe to include the use of Bread Flour and Baking Powder for making the Noodles, BUT - In 2015, I reverted back to Mom's Original Dough because Chris, Garry & I like the "chewier texture" of the old style Noodle.
HINTS	This Recipe as written (Single batch of Noodle Dough) will fill a 6 quart slow cooker with enough room for the Noodles to expand as they cook in the Half & Half.
CAUTION	I normally make a double batch of Noodle Dough & freeze one. A double batch is WAY too hard on the stand mixer motor, so mixing the Dough in two single batches is for certain the way to go here.
FACTOID	A friend once called these "Cheap Little Belly Fillers". Perhaps correct, but they are indeed a "standard" Family holiday dish, served by Mom in my earliest memories. This is indeed THE food that returns me to a few of my favorite family childhood memories. Punish us - don't eat any & leave them all for Garry, Chris Jonathan & I. I'm sure we'll suffer by.
TOOLS	<ol style="list-style-type: none"> 1) Medium Mixing Bowl 2) Small Mixing Bowl 3) Stand Mixer & Dough Hook Head & Noodle Press Head 4) Stock Pot & Lid 5) Large High Sided Casserole Dish or Crock Pot 6) Fine wire Strainer 7) Small Spray Bottle
OPTION	Using Bread Flour in place of the All Purpose Flour, makes for a lighter textured Noodle.
PREP	Place the Cottage Cheese in a fine wire strainer and strain off as much liquid as possible - reserving the liquid. Mix the dry Cottage Cheese and Sour Cream together.

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HINTS	Using a stand mixer noodle press head is the EASY way to go here. Make the final thickness setting to be at #3 for "chewier" Noodles (My Choice) or #4 for thinner Noodles. Roll out, cut, fill, seal and boil each Noodle Strip before rolling out the next Strip. If the rolled out Noodles get too dry, they become VERY difficult to seal properly.
HINT	I have recently begun using an Empanada Press to fill and seal the Noodles. Cut the long Noodle sheets into squares that are LARGER than the Press. The Noodles tend to stick to the press, so use plenty of flour on the bottom of each square. Use a HEAPING tablespoon of filling in each square. Trim off any excess outside the Press with a knife.
1	Sift together the Flour and Salt. In a stand mixer with a dough hook, add the Flour Mixture, making a well in the center, add the Eggs and Half & Half in the well. Mix the Noodle ingredients together on medium speed until it becomes a smooth, sticky ball - about 10 minutes. Roll the Dough into a large smooth ball, seal in plastic wrap and let it rest for 2 hours. Cut the ball into quarters and roll out thin (1/16 inch thick) on a floured surface. Cut the sheet into even squares. Repeat for the remaining 3 quarters of the Dough Ball.
2	Meanwhile, bring 5 quarts of heavily Salted water to a rolling boil. Let the Noodle Squares dry individually until they are slightly stiff to the touch (about 15 minutes).
3	Wet all 4 edges so you can completely "seal" the four Noodle seams together. Dip your finger in water and wet about a quarter of an inch wide strip along each edge.
4	Spoon a heaping tablespoon of the Mixture into the center of each Noodle Square. Wet the square edges well with water. Fold the square over from the corners to form a pyramid - press out all of the air and make sure <u>all</u> of the edges are VERY tightly sealed. Place them singly in the boiling water and boil until they float - flip over once to make sure the Noodle Dough is evenly cooked, about 3 minutes per side. These WILL still have more cooking to do, so make certain that you have added enough Half & Half before baking in step #7 so they do NOT end up gluing themselves together into a giant gooey mass.
5	At this point, you may optionally freeze the Boiled Noodles individually by cooling and patting dry. Thaw them completely before baking. NOTE: These Noodles DO freezer burn relatively easy, so freeze them with a little Half & Half in a zip lock bag that the air has been squeezed out of.
6	Pour a quarter of an inch of Half & Half in the bottom of the casserole dish large enough to hold all of the noodles. Layer the Boiled Filled Noodles in a single layer. Add in enough Half & Half to completely submerge the layer. Repeat until all of the Noodles are in the casserole and submerged. Sprinkle any remaining Cottage Cheese Mixture, the reserved Cottage Cheese liquid and the Half & Half over the top of the Noodles (ALL of the Noodles should be completely submerged). Cut the Butter into pats and place them evenly over the top. The melting Butter will float on the Half & Half.
CAUTION	The noodles WILL expand GREATLY as they cook and the dough will soak up a lot of the Half & Half. MAKE SURE THE CASSEROLE DISH IS LARGE ENOUGH. Overcooking WILL make for a mushy textured Noodle.
7	Place the dish uncovered in a 325 degree oven and bake for 1 hour, or until bubbling and lightly browned on top. Serve while hot.
OPTION	It works well to assemble the Casserole in a slow cooker and cook on low heat until the Noodles are bubbling and hot, about 3 hours. Uncover for the last half hour before serving to allow the liquid to thicken.
HINTS	Since slow cookers notoriously spill in your Car, I seal thirds of the boiled Noodles along with thirds of the Half & Half in gallon zip lock bags for freezing and transportation to other places for holidays. ONLY freeze the Noodles in individual zip lock bags once they have been boiled & cooled. Freezing them prior to boiling, creates a giant sticky inseparable mass once they thaw. (THE voice of experience here)..