

Whole-Wheat Matzo Balls

By Joan Nathan

YIELD About 12 matzo balls**TIME** 55 minutes

INGREDIENTS**3 large eggs, separated****½ cup stock****2 tablespoons canola oil****½ teaspoon freshly ground black pepper****Salt****3 or more tablespoons minced fresh dill****1 cup whole-wheat matzo meal, or as needed****2 to 3 quarts vegetable or chicken soup, for serving****PREPARATION****Step 1**

In a medium bowl, combine egg yolks, stock, oil, pepper and 2 teaspoons salt; mix well. Gradually add dill and 1 cup of matzo meal, stirring with a fork.

Step 2

Whisk egg whites until stiff but not dry. Gently fold into matzo batter. Cover and refrigerate until batter is well chilled, at least 1 hour.

Step 3

Bring a pot of lightly salted water to a gentle boil. Wet hands with cold water and shape some of batter into a walnut-size ball. Drop it into pot. If it starts to fall apart, add a little more matzo meal to remaining batter. If it holds its shape, roll remaining batter into balls and add to pot.

Step 4

Simmer matzo balls, covered, for 30 minutes. Meanwhile, heat soup until simmering. When matzo balls are ready, use a slotted spoon to transfer them from water to soup. Serve hot.

PRIVATE NOTES

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Adapted from Rabbi Everett Gendler