

Apple Dumplings

Equipment needed –

2 large sized bowls, knives, chopping board, measuring spoons, measuring cups, baking dish, foil and sifter.

Ingredients from the Garden –

- 6 Granny Smith Apples, peeled and sliced

Ingredients from the Pantry –

- 1/4 cup sultanas
- ¼ cup chopped dried apricots
- 4 teaspoons of corn flour
- ½ cup of unsweetened fruit juice

Dumplings-

- 1 ½ cups of plain flour
- 1 teaspoon of baking powder
- ½ teaspoon of bicarbonate soda
- 12 teaspoons of caster sugar
- 6 teaspoons of melted butter
- 2/3 cup of milk
- ½ teaspoon of ground cinnamon

What to do –

1. Preheat oven to 200 °.
2. Peel and thinly slice the apples and place in a large mixing bowl.
3. Measure out and chop the apricots and place in the mixing bowl.
4. Measure out the sultanas and cornflour and place in the mixing bowl.
5. Measure out ½ cup of fruit juice and add to the bowl. Mix well to combine.
6. Place the apples in a large baking dish. Cover the dish with foil and bake in the oven for about 20 minutes or until tender and bubbling.
7. While the apples are cooking, prepare the dumplings.
8. Measure out 1 ½ cups of plain flour and sift into a large bowl.
9. Measure out the baking powder and bicarbonate soda and sift with the flour.
10. Measure out the sugar and stir into the flour. Then stir in the melted butter.
11. Measure out the milk, and add to the flour mixture. Mix to form a sticky dough.
12. Remove apple mixture from oven. Spoon even dollops of the dough (enough for 1 for every person) around the edge of the dish.
13. Sprinkle cinnamon over the dough then cover the dish again with foil and return to the oven. Bake for another 15 minutes or until the dumplings are firm.

Serves –

- 28 students.

