



APPLE DUMPLINGS with SPECIAL SAUCE

****IN MEMORY OF GINNY BURNWORTH, SHARED BY HER DAUGHTERS****

PRE-HEAT OVEN TO 400 DEGREES.

ITEMS NEEDED:

ROLLING PIN, PARING KNIFE, VEGETABLE PEELER OR APPLE PEELER, PASTRY MAT (IF YOU HAVE ONE), BAKING PANS, MEASURING CUPS AND SPOONS.

INGREDIENTS:

APPLES, FLOUR, SALT, WATER, SHORTENING, BUTTER, VANILLA, WHITE CANE SUGAR, CINNAMON, CORN STARCH

CRUST DOUGH

- **2 CUPS OF ALL PURPOSE FLOUR**
- **SALT TO TASTE**
- **2/3 CUP SHORTENING**
- **5-7 TBSP. COLD WATER**

CUT SHORTENING INTO FLOUR AND SALT MIXTURE WITH A FORK UNTIL IT IS IN SMALL BALLS.

SPRINKLE THE COLD WATER OVER THE SHORTENING/FLOUR MIXTURE. KNEED MIXTURE

TOGETHER UNTIL ALL IS BLENDED AND SET ASIDE. THIS USUALLY MAKES 3 DUMPLING CRUSTS, DEPENDING ON THE SIZE OF THE APPLES.

APPLE PREPARATION

- **PEEL AND CORE APPLES – KEEP THE APPLES WHOLE, IF POSSIBLE.**
- **IF CORING REQUIRES CUTTING THE APPLES, CUT INTO QUARTERS.**
- **PLACE PREPARED APPLES IN WATER TO PREVENT BROWNING.**

SEASONING PREPARATION

- **MIX TOGETHER 2 CUPS OF WHITE SUGAR AND 2 TBSP OF CINNAMON IN A BOWL. SET ASIDE.**
- **SOFTEN 1 STICK OF BUTTER AND CUT INTO TSP. SLICES. SET ASIDE.**

PREPARATIONS FOR ROLLING THE CRUST AND BUILDING THE DUMPLING

- **1 CUP OF COLD WATER. SET ASIDE.**
- **1 CUP OF ALL PURPOSE FLOUR. SET ASIDE.**
- **½ CUP OF MILK. SET ASIDE.**

ROLLING THE CRUST

- **SPRINKLE A SMALL AMOUNT OF FLOUR ON A NON-STICK, FLAT SURFACE (TABLE OR COUNTERTOP).**
- **TAKE 1/3 OF THE CRUST BALL AND FORM IT INTO A SMALL OVAL DISK ABOUT $\frac{3}{4}$ INCH THICK. SLIGHTLY PRESS ONE SIDE ONTO THE FLOUR SPREAD ON THE FLAT SURFACE, THEN FLIP IT OVER, IF MORE FLOUR IS NEEDED TO SLIGHTLY COAT THE CRUST SIDE, THEN ADD BY SPREADING IT EVENLY OVER THE TABLE SURFACE.**
- **USE A ROLLING PIN COATED IN FLOUR TO ROLL OUT THE CRUST DOUGH INTO A ROUNDISH $\frac{1}{8}$ THICK +/- DOUGH CRUST LARGE ENOUGH TO COMPLETELY ENCASE THE APPLE.**

BUILDING THE DUMPLING

- **PLACE THE CORED APPLE ONTO THE CENTER OF THE ROLLED-OUT DOUGH. BE SURE THE DOUGH CIRCLE IS LARGE ENOUGH TO PULL OVER THE TOP OF THE APPLE ON ALL SIDES.**
- **IF THE APPLE HAS BEEN QUARTERED PLACE 4 EVENLY SIZED QUARTERS ONTO THE CENTER OF THE ROLLED DOUGH.**
- **USING A TEASPOON, SPOON INTO THE CENTER OF THE APPLE THE SUGAR/CINNAMON MIXTURE UNTIL IT REACHES JUST BELOW THE TOP OF THE APPLE'S CENTER.**
- **PLACE 1 SLICE OF THE BUTTER ON TOP OF THE APPLE, COVERING THE SUGAR MIXTURE AND THE CORED AREA.**
- **HOLDING THE APPLE, FOLD UP EACH SIDE OF THE ROLLED DOUGH TO THE TOP OF THE APPLE AND SECURE IT WITH A FINGER UNTIL ALL SIDES ARE ENCLOSED AROUND THE APPLE. SOFTLY SQUEEZE THE DOUGH AROUND THE APPLE AND USING A SMALL AMOUNT OF WATER ON YOUR FINGER SEAL THE DOUGH ENDS TOGETHER AT THE TOP OF THE DUMPLING.**
- **CAREFULLY LIFT THE DUMPLING OFF OF THE TABLETOP, SEAL ANY DOUGH TEARS IMMEDIATELY USING A SMALL AMOUNT OF WATER AS A GLUE.**
- **PLACE THE DUMPLING IN A BAKE PAN OR OVEN DISH. DUMPLINGS CAN BE BAKED TOGETHER OR SEPARATELY.**
- **WITH YOUR FINGER RUB A SMALL AMOUNT OF THE MILK ONTO THE TOP OF THE DUMPLING TO COVER THE ENTIRE TOP.**
- **SPRINKLE A SMALL AMOUNT OF THE SUGAR CINNAMON MIXTURE ONTO THE MILK, COATING EVENLY.**

BAKING THE DUMPLINGS

- **PLACE THE PAN OF DUMPLINGS INTO THE PRE-HEATED OVEN.**
- **THE BAKING TIME WILL VARY DEPENDING ON THE NUMBER OF DUMPLING AND THE DUMPLING GROUPINGS. WATCH THE BROWNING OF THE CRUST TO DETERMINE WHEN TO REMOVE FROM THE OVEN.**
- **REMOVE THE DUMPLINGS FROM THE OVEN WHEN THE TOPS ARE A MEDIUM BROWN AND THE CRUST APPEARS BAKED THROUGH.**

EAT HOT, WARM OR LET COOL. REFRIGERATE COOLED DUMPLINGS IF NOT EATEN IN SEVERAL HOURS.

GINNY'S SPECIAL SAUCE

ITEMS NEEDED: SAUCEPAN, STIRING SPOON, MEASURING CUPS AND SPOONS

- **COMBINE 2 CUPS OF SUGAR WITH 1 TSP CINNAMON (OPTIONAL) IN A BOWL.**
- **PLACE 4 CUPS OF COLD WATER INTO A SAUCEPAN.**
- **ADD 3 TBSPS. CORN STARCH TO THE COLD-WATER MIXING THOROUGHLY (ADD MORE TO THICKEN SAUCE IF WANTED).**
- **PLACE THE WATER ONTO THE STOVE USING MED/HIGH HEAT.**
- **ADD A STICK OF BUTTER TO THE WATER AND ½ TSP VANILLA (ADJUST TO TASTE).**
- **STIR IN THE SUGAR MIXTURE.**
- **STIRRING CONSTANTLY BRING THE SAUCE TO A SLOW BOIL. SAUCE SHOULD THICKEN AS IT HEATS UP. ADJUST THE CORN STARCH AMOUNT TO CREATE THE THICKNESS OF THE SAUCE YOU DESIRE.**
- **SWEETNESS CAN BE ADJUSTED TO TASTE BY ADDING/LESSENING SUGAR AND/OR CINNAMON.**
- **DO NOT ADD CORN STARCH TO A WARM SAUCE. MIX THE CORN STARCH WITH A SMALL AMOUNT OF COLD WATER AND STIR UNTIL THE MIXTURE IS SMOOTH, THEN ADD THE WATER/CORNSTARCH MIXTURE TO GAIN MORE THICKNESS IN THE SAUCE. BRING THE SAUCE TO A SLOW BOIL AGAIN.**

SERVE THE SAUCE HOT/WARM OVER THE APPLE DUMPLING.