



Baked Apple Dumplings

SERVES 8

Use a melon baller or a metal teaspoon measure to core the apples. We like to serve the dumplings warm with vanilla ice cream and Cider Sauce (recipe included below). Other sweet, moderately firm apples, such as Braeburns or Galas, can be used in this recipe.

INGREDIENTS

DOUGH

- 2½ cups all-purpose flour
- 3 tablespoons sugar
- 2 teaspoons baking powder
- ¾ teaspoon salt
- 10 tablespoons (1¼ sticks) unsalted butter, cut into ½-inch pieces and chilled
- 5 tablespoons vegetable shortening, cut into ½-inch pieces and chilled
- ¾ cup cold buttermilk

APPLE DUMPLINGS

- 6 tablespoons sugar
- 1 teaspoon ground cinnamon
- 3 tablespoons unsalted butter, softened
- 3 tablespoons golden raisins, chopped
- 4 Golden Delicious apples
- 2 egg whites, lightly beaten

INSTRUCTIONS

1. MAKE DOUGH: Process flour, sugar, baking powder, and salt in food processor until combined. Scatter butter and shortening over flour mixture and pulse until mixture resembles wet sand. Transfer to bowl. Stir in buttermilk until dough forms. Turn out onto lightly floured surface and knead briefly until dough is cohesive. Press dough into 8- by 4-inch rectangle. Cut in half, wrap each half tightly in plastic, and refrigerate until firm, about 1 hour.



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2. PREP APPLES: Adjust oven rack to middle position and heat oven to 425 degrees. Combine sugar and cinnamon in small bowl. In second bowl, combine butter, raisins, and 3 tablespoons cinnamon sugar mixture. Peel apples and halve through equator. Using a melon baller or small measuring spoon, scoop out the core and seeds, taking care not to pierce the bottom of the apple halves. Divide the butter mixture among the apple halves and fill the hollows.

3. ASSEMBLE DUMPLINGS: On lightly floured surface, roll each dough half into 12-inch square. Cut each 12-inch square into four 6-inch squares. Working one at a time, lightly brush edges of dough square with egg white and place apple, cut-side up, in center of each square. Fold the corners of the dough up to enclose the apple halves, overlapping and crimping to seal. Using paring knife, cut vent hole in top of each dumpling.

CONTINUED >

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Baked Apple Dumplings CONTINUED

4. FINISH APPLES: Line rimmed baking sheet with parchment paper. Arrange dumplings on prepared baking sheet, brush tops with egg white, and sprinkle with remaining cinnamon sugar. Bake until dough is golden brown and juices are bubbling, 20 to 25 minutes. Cool on baking sheet 10 minutes. Serve with Cider Sauce.

Cider Sauce

MAKES ABOUT 1½ CUPS

INGREDIENTS

- 1 cup apple cider
- 1 cup water
- 1 cup sugar
- ½ teaspoon ground cinnamon
- 2 tablespoons unsalted butter
- 1 tablespoon lemon juice

INSTRUCTIONS

Bring cider, water, sugar, and cinnamon to simmer in saucepan and cook over medium-high heat until thickened and reduced to 1½ cups, about 15 minutes. Off heat, whisk in butter and lemon juice. Drizzle over dumplings to serve.

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