



Snow White's Apple Dumplings



Whenever she visits the Dwarfs, Snow White makes sure to serve up a batch of her amazing apple dumplings.

Ingredients:

FOR THE DOUGH:

- 1 1/2 c. flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/4 tsp. nutmeg
- 3 tbsp. cold butter
- 1/2 cup milk

FOR THE FILLING

- 2 peeled apples, cored and cut into quarters
- 1 tbsp. butter, cut into quarters
- 3 tbsp. brown sugar
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg

FOR THE SYRUP

- 1 c. hot water
- 1/2 c. packed brown sugar
- 2 tbsp. melted butter

Instructions:

- Heat the oven to 375°F. Butter an 8- or 9-inch square baking pan.
- To make the dough, whisk together the flour, baking powder, salt and nutmeg in a mixing bowl. Cut butter into small pieces, and use your fingertips to pinch them into the flour mixture until the lumps are the size of peas. Stir the milk into the flour mixture.
- Turn the dough onto a floured surface, and knead it several times so that it holds together. Dust the top of the dough with flour, and then roll it into a 12-inch square.
- Cut the dough into four equal squares. Place 2 apple quarters and one piece of butter on each square.
- In a small bowl, mix together the brown sugar and the 1/4 teaspoons of cinnamon and nutmeg. Spoon the mixture onto the apples, dividing it equally between the dumplings.
- To finish each dumpling, moisten the edges of the dough with water. Then, gather the dough corners together on top of the apple pieces and pinch them together. Place the dumplings in the pan, spaced about 1 inch apart.
- Combine the syrup ingredients together in a small pitcher. Stir well, and pour syrup into the pan with the dumplings. Place into oven and bake for 20 to 25 minutes, until the tops are golden brown.



Prep Time: 20 mins

Cook Time: 25 mins

Servings: 4 portions

