

AMISH COOKING *from* QUILT COUNTRY

From the Kitchen of: Marcia Adams

serves 6



Old-Fashioned Apple Dumplings

"This is one of the best apple desserts ever created. Whole apples are wrapped in pastry, and then baked in a clear vanilla sauce. It is served regularly on Hoosier tables."

Pastry for 2 10-inch pie shells
6 medium-firm cooking apples
2 tablespoons lemon juice
1/2 cup granulated sugar
1 teaspoon ground cinnamon
2/3 cup brown sugar
2 tablespoons butter

Cream
SAUCE:
2 cups water
3/4 cup granulated sugar
2 tablespoons (1/4 stick) butter
1 teaspoon vanilla extract
1/8 teaspoon ground mace
1/8 teaspoon nutmeg

Preheat oven to 375° F. Roll out pie dough to form a rectangle 14 x 21 inches. Cut into 6 uniform squares.

Peel and core the apples, but leave them whole. Pour the lemon juice into a small bowl. In another small bowl, combine the granulated sugar and cinnamon. Roll each apple first in the lemon juice, and then in the sugar and place each on top of a dough square. Fill each apple cavity with approximately 2 tablespoons brown sugar and a teaspoon of butter. Pull the pastry squares up over the apples and crimp the edges tightly; you will have pretty round pastry balls. Place in an oiled 9 x 13 x 2-inch pan.

WBGU

Over ...

AMISH COOKING *from* QUILT COUNTRY

From the Kitchen of: Marcia Adams

serves 6



Old-Fashioned Apple Dumplings continued ...

Bake for 1 hour or until apples are tender. While the apples are baking, combine all the sauce ingredients in a medium saucepan set over high heat. Bring to a boil and cook rapidly for 1 minute. After the dumplings have baked for 30 minutes, pour the sauce over the top of the dumplings and bake 30 minutes longer, basting occasionally. Serve hot with cream.

NOTE: Unbaked dumplings without the sauce can be frozen before baking. Bake, thawed, at 400° F for 30 minutes, then cover with the sauce and proceed as above.



WBGU