

Apple Dumplings



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Recipe by: Laura Vitale

Serves 8

Prep Time: 25 minutes
Cook Time: 40 minutes

Ingredients

For the Pie Crust:

- 3 cups of All Purpose Flour
- 10 Tbsp Cold Butter, cut into cubes
- 1/2 cup of Cold Vegetable Shortening, cut into cubes
- 1/2 tsp Salt
- 6 to 8 Tbsp of Ice Water

For the Apples:

- 4 Granny Smith Apples, peeled and halved
- 8 tsp of Butter
- Ground Cinnamon

For the Sauce:

- 1 cup of Apple Juice
- 1 cup of Water
- 1 cup of Brown Sugar
- 1/2 cup of Granulated Sugar
- Pinch of cinnamon

1) In the bowl of a standing mixer fitted with a paddle attachment, add the flour and salt, and mix to incorporate.

2) Add the butter and shortening, mix just long enough until the butter is about the size of peas and distributed evenly.

3) With the motor running, add 1 Tbsp of ice water until the dough comes together when pinched between fingers.

4) Dump the dough on your work surface, split into two, form into disks, wrap each one in plastic wrap and pop them in the fridge for around 45 minutes.

5) Right before you start rolling out your dough, add all the sauce ingredients in a large saucepan and simmer on medium until the sauce reduces by half.

6) Preheat the oven to 425 degrees, butter a casserole dish and set aside.

7) On a floured surface, roll out one of the pieces of crust (take it out of the fridge about 5 minutes before using) and try your best to roll it out in a square shape.

8) Cut the crust into 4 pieces (no worries if you have too much dough, you can pinch it off) add one apple half right in the center, dip a piece of butter in the cinnamon and pop it right in the center of the apple.

9) Wet your finger with some water and run it along the edges of the crust, fold the crust over the apple making sure to pinch off any excess dough (depending on the size of your apples, you might have quite a bit of dough to pinch off) and pinch the dough to make sure the apple is covered.

10) Place the apple in the buttered casserole dish and proceed with the remaining dough and apples.

11) Pour the sauce over top of the apples and pop it in the oven. Bake for about 30 to 35 minutes making sure to baste the dumplings with the sauce occasionally.

12) Allow them to cool a bit before serving!

NOTE: If you find you have lots of dough leftover, gather it all up, form into a disk, wrap in plastic wrap and pop it in the freezer for a later use!

