

CINNAMON APPLE DUMPLINGS

- 1 cup all-purpose flour
- 1/4 teaspoon salt
- 1/3 cup shortening
- 3 tablespoons ice water
- 2 medium baking apples
- 3 tablespoons sugar
- 1/2 teaspoon ground cinnamon

Half-and-half cream

SAUCE:

- 1/3 cup sugar
- 2 tablespoons red-hot candies or 1/4 teaspoon ground cinnamon
- 1/2 teaspoon cornstarch
- 2/3 cup water
- 1 tablespoon butter or margarine

Additional half-and-half cream, optional

In a medium bowl, combine flour and salt. Cut in shortening until mixture resembles coarse crumbs. With a fork, stir in water until dough forms a ball. Roll out on a floured surface to a 14-in. x 7-in. rectangle; cut pastry in half. Peel and core apples; place one on each square of pastry. Combine sugar and cinnamon; spoon into apples. Moisten edges of pastry and gather around apples; pinch and seal. Place dumplings in an ungreased 9-in. x 5-in. loaf pan or a shallow 1-1/2-qt. baking dish. Brush with cream. In a small saucepan, combine the first five sauce ingredients; bring to a boil over medium-low heat, stirring frequently. Boil for 3 minutes. Pour between dumplings. Bake at 400° for 35-45 minutes or until pastry is golden brown and apples are tender. Serve warm with cream if desired. **Yield:** 2 servings.

Cinnamon Apple Dumplings



WHEN Mom made pies to feed the crew during wheat harvest, she always had plenty of dough left over, so she treated us kids to apple dumplings.

I've carried on this tradition in my own family. Now my husband and I enjoy this special dessert even when I'm not baking pies!

—Marie Hattrup
The Dalles, Oregon

