



Apple Dumplings

By: Grandma Roe

From: Her grandson, Jimmy Matthews

Syrup

1 $\frac{1}{2}$ cup sugar
4 tsp cinnamon
 $\frac{1}{4}$ nutmeg
1 cup hot water
1 cup cider
4 Tsp butter

Combine sugar, cinnamon and nutmeg in a saucepan. Stir in water, cider and butter. Cook and stir over medium heat until sugar is dissolved. Reduce heat and simmer for about 15 to 20 minutes. Set aside.

Dumplings

2 cups flour
1 tsp salt
2 tsp baking powder
 $\frac{3}{4}$ cup shortening
6 Tsp milk
8 medium apples, peeled & cored
cinnamon sugar - use to taste depending on tartness of apples

Combine flour, salt and baking powder in a bowl. Cut in shortening with two knives until mixture is crumbly. Add milk and stir until dough can be formed into a ball. Divide dough in half. On a floured surface roll out one portion at a time into a 12-in. square. Cut into 4 ea. 6-in. squares. Cut apples into 8 wedges. Place 4 wedges on a square. Sprinkle with about 1 Tsp cinnamon sugar. Add remaining 4 wedges and bring wedges together into an apple shape. Sprinkle with about 1 Tsp of cinnamon sugar. Draw dough up around apple and pinch at top to seal. Repeat with the rest of the apples. Place dumplings into a 9 x 12 baking pan. Pour the hot syrup over the dumplings and bake at 350° for 50 to 60 min. until apples are tender.

WHAT'S COOKIN'?