



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: Apples

Apple Dumplings on the Go

Ingredients:

4 medium green apples, finely diced
¼ cup sugar
¼ cup brown sugar
3 Tbs cornstarch
1 tsp cinnamon
1 tsp vanilla
1 store bought puff pastry
½ cup flour, sifted
½ tsp lemon juice
¼ tsp ground cloves
egg wash
¼ cup pecans, finely chopped (optional)

Directions:

Whisk together the sugars, cinnamon, ground cloves, and cornstarch. Toss in the finely chopped apples, lemon juice, and vanilla. Stir until well combined. Heat the apple mixture over medium heat until it comes to a low boil. Stir and continue to cook for another minute. The apples should be a thick gooey consistency by now. (You want the apple mixture to be very thick so it stays put in our dumpling but if it seems the apples didn't release enough juice and the mixture is forming into a candy than an apple goo, add a tablespoon or two of apple juice or water.) Remove from heat. Pour into a bowl and place in the refrigerator.

Sprinkle a little sifted flour on a flat clean surface. Roll out the puff pastry dough to ¼ inch thick. (Be sure to sprinkle a little sifted flour over top as well before rolling to avoid sticking to the rolling pin) Cut the pastry sheet into squares and place on a parchment lined baking sheet. Depending on the size of the sheet, you should be able to get 8-10 good sized squares.

Divide the apple filling amongst the squares by placing an even amount of filling in the center of each square. Brush the edges of each square with egg wash then overlap the corners by bringing them over the center filling snugly. Pinch the seams to close. With the palm of your hand lightly press down slightly on each dumpling. They should be about a 1 ½ - 2 inches thick. This step isn't necessary but it makes the dumpling easier to hold onto and bite into when on the go. Brush each dumpling with egg wash then sprinkle with finely chopped pecans. Place in the refrigerator for 15 minutes.

Preheat your oven to 400F. Prick the top of each dumpling with a fork. Bake for 20-25 minutes. Allow to cool. Refrigerate them overnight, the next morning pop in the microwave for 15 seconds. 15 seconds is just warm enough to hold the dumpling easily as you rush out the door.

*I tend to make these for breakfast so they aren't overly sweet. If you prefer a dessert sweetness, add another ¼ cup sugar to the recipe.