



Cider-Cooked Apple Dumplings with Vanilla Custard Sauce

Ingredients:

For Apple Dumplings:

- 1½ c. unbleached all-purpose flour
- ⅓ c. yellow cornmeal
- 3 T. sugar
- 1½ t. baking powder
- ½ t. salt
- ½ t. ground nutmeg
- 3 t. cold unsalted butter, cut into pieces
- ½ c. milk
- 1 large egg
- ½ t. vanilla extract
- 1 large apple, peeled, cored, and finely chopped
- ½ c. dried currants or raisins
- 1 qt. cider or half and half

For Vanilla Custard Sauce:

- 6 large egg yolks
- ½ c. sugar
- 1 c. whole milk
- ½ t. vanilla extract

Method:

For Apple Dumplings:

Mix the first six (dry) ingredients in a medium bowl. Add the butter and use your fingers to rub it in to make a coarse meal. Whisk milk, egg, and vanilla in a small bowl. Make a well in the center of the dry ingredients, add liquid all at once and stir to combine, mixing in apples and currents.

Bring the cider or half and half to a simmer in a wide, non-reactive, covered deep skillet. Spoon 8 equal portions of dough into the simmering liquid. Cover, reduce heat, and simmer gently - without removing lid - for 10 minutes. Remove from heat and let dumplings sit, covered, for 5 minutes longer. Transfer dumpling to dessert bowls.

Serve with the poaching liquid or Vanilla Custard Sauce. Makes 8 dumplings.

For Vanilla Custard Sauce:

Whisk yolks and sugar in a medium bowl to blend. Bring milk to a simmer in a medium saucepan. Gradually whisk hot milk into yolk mixture. Return mixture to saucepan. Stir over medium-low heat for about 5 minutes, until custard thickens enough to leave a path on the back of a wooden spoon when you draw a finger across it. Do not boil the



sauce or it will curdle. Strain into a small bowl and stir in the vanilla. If desired, chill until cold, about 3 hours. Makes about 2 ½ cups.

From Carpinito Brothers Farm, Kent, WA