

Tasty Recipes for You to Try



@ Home on The Range. A show about cooking, exclusively on EPlusTV cable channel 6. Visit www.eplustv6.com for schedule & more recipes.



Apple Dumpling Makes 1 dumpling

Shared by: Liz Gist

Ingredients:

- | | |
|------------------------------------|---|
| 1 apple (your choice) | 1 pat of butter |
| Brown sugar | Raisins or currents (optional) |
| White sugar | Plain pastry round (from plain pastry recipe) |
| Grated nutmeg, to taste (optional) | 1 egg, lightly beaten |
| Cinnamon, to taste (optional) | |

Directions:

1. Peel and core the apple. Make slits in the apple flesh.
2. Mix together equal parts of brown sugar and white sugar. Add nutmeg or cinnamon to taste if you want and stir until mixed. Fill cored opening with sugar mixture, raisins or currents and top with 1 pat of butter.
3. Place apple on top of pastry round and wrap from the bottom to the top of the apple. To give it a finished look, make a stem and leaf from any leftover pastry and add to top.
4. Brush pastry with lightly beaten egg (Gives the crust a golden brown color). You don't use all of the egg, just enough to give it a good egg wash.
5. Bake at 400° for 10 minutes then reduce to 350° for 30-40 minutes or until inside of apple tests tender.

Top with cream or a scoop of ice cream and enjoy!