

GOLDEN SYRUP DUMPLINGS IN CITRUS SAUCE

INGREDIENTS

DUMPLINGS:

3 cups of plain flour
1.5 tablespoon baking powder
60g unsalted butter
3 eggs, whisked
150ml Milk
Zest of 1 lemon- very fine

SAUCE:

3 sprigs lemon verbena
1 3 cups golden syrup
180g butter
1 lemon squeezed for juice
1 orange squeezed for juice

METHOD:

1. sift flour and baking powder with a pinch of salt into a bowl. Rub the butter into the flour until it looks like breadcrumbs. Then add whisked eggs and lemon rind. Stir to combine.
2. Gently add milk and mix dough until it just comes together- do not over work the dough. Set aside
3. Combine all sauce ingredients into large fry pan. Bring to boil to amalgamate and then turn heat down to a simmer.
4. Meanwhile flour your hands and roll dough into balls the size of round 20 cent pieces
5. line tray with baking paper to put dough balls on. Then slip the balls off baking paper. Arrange neatly
6. Cover the balls with the syrup and place into the oven for 10 minutes.
7. Remove from oven, turn all the dumplings over and cook another 10 minutes.

YUM!