

## Saucy Apple Dumplings

*These dumplings have a luscious sauce that bakes along with the apples.*

**Prep:** 45 minutes **Bake:** 1 hour  
**Oven:** 350°F **Makes:** 6 servings

- 2 cups water
- 1¼ cups sugar
- 1 teaspoon ground cinnamon
- ¼ cup butter or margarine
- 2 cups all-purpose flour
- ½ teaspoon salt
- ⅔ cup shortening
- ⅓ to ½ cup half-and-half, light cream, or whole milk
- 2 tablespoons chopped golden raisins or raisins
- 2 tablespoons chopped walnuts
- 1 tablespoon honey
- 2 tablespoons sugar
- 6 small cooking apples (about 1½ pounds), such as Granny Smith or Rome Beauty
- 1 tablespoon butter or margarine

**1.** For sauce, in a medium saucepan combine the water, the ¼ cups sugar, and ½ teaspoon of the cinnamon. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Add the ¼ cup butter or margarine. Set aside.

**2.** Meanwhile, for pastry, in a medium bowl combine the flour and salt. Using a pastry blender, cut in shortening until pieces are pea-size. Sprinkle 1 tablespoon of the half-and-half over part of the mixture; gently toss with a fork. Push moistened

dough to the side of the bowl. Repeat, using 1 tablespoon of the half-and-half at a time, until all of the dough is moistened. Form dough into a ball. On a lightly floured surface, roll dough into an 18×12-inch rectangle.\* Using a pastry wheel or sharp knife, cut into six 6-inch squares.

**3.** In a small bowl combine the raisins, walnuts, and honey. In another small bowl stir together the remaining ½ teaspoon cinnamon and the 2 tablespoons sugar. Set aside.

**4.** Peel and core the apples (see photo 1, below). Place an apple on each pastry square. Fill centers of apples with raisin mixture. Sprinkle with sugar-cinnamon mixture; dot with the 1 tablespoon butter or margarine. Moisten edges of each pastry square with water; fold corners to center over apple (see photo 2, below). Pinch to seal seams. Place dumplings in a 13×9×2-inch baking pan. Reheat sauce to boiling and pour over dumplings. Bake, uncovered, in a 350° oven about 1 hour or until apples are tender and pastry is golden. To serve, spoon sauce over dumplings.

**\*Note:** If desired, roll pastry slightly larger and use excess pastry to make pastry leaves for garnishing. Cut the 6-inch squares, then reroll scraps and cut them into leaf shapes. Moisten underside of leaf shapes with water; place on top of dumplings, pressing slightly to adhere.

**Nutrition Facts per serving:** 586 cal., 36 g total fat (18 g sat. fat), 32 mg chol., 306 mg sodium, 68 g carbo., 4 g fiber, 1 g pro.  
**Daily Values:** 10% vit. A, 9% vit. C, 4% calcium, 3% iron  
**Exchanges:** 1 Fruit, 3½ Other Carbo., 5 Fat



**Saucy Apple Dumplings**



**1.** Carefully insert an apple corer firmly into the stem end of the apple. Twist and pull to remove the core.



**2.** After brushing the edges of the pastry with water, gather all four corners of the pastry square at the top of the apple and pinch the edges firmly together to form a tight seal.

## Caramel Apple Crepes

*If you're in a hurry, use purchased crepes rather than making your own.*

**Prep:** 15 minutes **Cook:** 20 minutes **Makes:** 6 servings

- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{3}$  cup milk
- 2 eggs
- 2 tablespoons sugar
- 4 teaspoons walnut oil or cooking oil
- 1 recipe Caramel Apple Sauce
- $\frac{1}{2}$  recipe Candied Nuts (page 180; use pecans)
- Vanilla ice cream (optional)

**1.** For crepes, in a blender container combine flour,  $\frac{1}{3}$  cup water, milk, eggs, sugar, and oil. Cover and blend until smooth, stopping and scraping the sides of container as necessary.

**2.** Heat a lightly greased 6-inch skillet over medium heat; remove from heat. Spoon 2 tablespoons batter into skillet; lift and tilt skillet to spread the batter evenly. Return skillet to heat; brown crepe on 1 side only. Invert pan over paper towels; remove crepe from pan. Repeat with remaining batter, making 12 crepes total.

**3.** Prepare Caramel Apple Sauce.

**4.** Fold the crepes in half, browned side out. Fold in half again, forming a triangle. Place 2 crepes on each of 6 dessert plates.

**5.** To serve, pour warm Caramel Apple Sauce over crepes. Sprinkle with Candied Nuts. If desired, serve with vanilla ice cream.

**Caramel Apple Sauce:** In a large saucepan stir together 1 cup packed brown sugar and 4 teaspoons cornstarch. Stir in 1 cup whipping cream; 2 tablespoons apple brandy, brandy, or apple juice; 1 tablespoon butter or margarine. Add 2 cups thinly sliced apples. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more.

**Make-ahead directions:** Prepare crepes as above through step 2. Layer cooled crepes with sheets of waxed paper in an airtight container; freeze up to 4 months. Thaw at room temperature for 1 hour before using.

**Nutrition Facts per serving:** 386 cal., 21 g total fat (11 g sat. fat), 114 mg chol., 67 mg sodium, 45 g carbo., 2 g fiber, 4 g pro.  
**Daily Values:** 16% vit. A, 5% vit. C, 7% calcium, 7% iron  
**Exchanges:**  $\frac{1}{2}$  Fruit, 2 $\frac{1}{2}$  Other Carbo., 3 $\frac{1}{2}$  Fat

## Caramel Apple Pudding Cake

**Prep:** 25 minutes **Bake:** 35 minutes  
**Oven:** 350°F **Makes:** 12 servings

- 2 cups thinly sliced, peeled tart cooking apples, such as Granny Smith or Rome Beauty
- 3 tablespoons lemon juice
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{8}$  teaspoon ground nutmeg
- $\frac{1}{4}$  cup raisins or dried cherries
- 1 cup all-purpose flour
- $\frac{3}{4}$  cup packed brown sugar
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{1}{2}$  cup milk
- 2 tablespoons butter, melted
- 1 teaspoon vanilla
- $\frac{1}{2}$  cup chopped pecans or walnuts
- $\frac{3}{4}$  cup caramel ice cream topping
- $\frac{1}{2}$  cup water
- 1 tablespoon butter or margarine
- Vanilla ice cream (optional)

**1.** Grease a 2-quart square baking dish. Arrange apple slices in the bottom of dish; sprinkle with lemon juice, cinnamon, and nutmeg. Top evenly with raisins.

**2.** In a large bowl combine flour, brown sugar, baking powder, and baking soda. Add milk, the 2 tablespoons melted butter, and vanilla; mix well. Stir in pecans. Spread the batter evenly over the apple mixture.

**3.** In a small saucepan combine the caramel topping, water, and the 1 tablespoon butter; bring to boiling. Pour mixture over batter in baking dish.

**4.** Bake in a 350° oven about 35 minutes or until center is set. While warm, spoon cake, apples, and caramel mixture from bottom of dish into dessert bowls. If desired, serve with ice cream.

**Nutrition Facts per serving:** 240 cal., 7 g total fat (2 g sat. fat), 9 mg chol., 157 mg sodium, 44 g carbo., 2 g fiber, 2 g pro.  
**Daily Values:** 3% vit. A, 6% vit. C, 7% calcium, 5% iron  
**Exchanges:** 3 Other Carbo.,  $\frac{1}{2}$  Fat