

Mixed Berries with Dumplings



TOOLS

Mixing bowls
Measuring tools
Skillet with lid
Large spoon
Induction burner
Clam shells
spoons

Ingredients

Filling

1 32 oz bag frozen mixed berries
1 cup granulated sugar
1 cup water
2 tablespoons lemon juice
1/2 teaspoon cinnamon

Dough

2 cups Flour
1 teaspoon table salt
1/4 cup granulated sugar
2 1/2 teaspoons baking powder
6 tablespoons unsalted butter, cold
1/2 cup water
1 egg
1/2 teaspoon Vanilla Extract

To make the filling:

Put the fruit, sugar, water, lemon juice, and cinnamon in a large, deep lidded pot or saucepan.

Bring the fruit to a simmer over medium heat while you mix the dough.

To make the dough:

In a medium bowl, whisk together the flour, salt, sugar, and baking powder.

Cut the butter into pats and work it into the flour using your fingers. When thoroughly combined the mixture should resemble uneven, coarse crumbs; this consistency will make the dumplings extra tender.

In a liquid measuring cup or medium mixing bowl, add the water, egg, and vanilla. Whisk until smooth.

Add the liquid ingredients to the flour/fat mixture, stirring just until the dough is thoroughly combined; it'll be quite stiff.

Drop the dough by tablespoonfuls into the simmering fruit.

Once you've scooped all the dough, cover the pot with its lid and reduce the heat to low.

Let the dumplings simmer for 10 to 12 minutes, until they're cooked all the way through. The liquid from the fruit will thicken slightly as it cooks. Resist the temptation to peek under the lid; it'll keep the dumplings from cooking properly.

To serve: Spoon the hot dumplings and fruit into bowls.