



Greenmarket Recipe Series

Savory Peach Dumplings

Ingredients:

Peach Sauce:

*2 Cups Chopped Fresh Peaches (~3 peaches)

*1 Tbsp Butter

2 Cups Water

1/4 Cup Sugar

Dumplings:

*1 Cup Flour

*1 Egg

*2/3 Cup Milk

2 Tablespoons Baking Powder

1 Teaspoon Salt

1 1/2 Teaspoon Cinnamon

**available seasonally at your neighborhood Greenmarket*

Instructions:

Bring peaches, butter, water and sugar to a boil in a deep sauce pan. In a separate bowl mix flour, baking powder, salt and cinnamon. Whisk egg into milk then gently stir to combine into dry ingredients. Allow peach mixture to boil for 10 minutes then drop teaspoons of dough into water, reduce heat to a simmer and cover sauce pan with a glass lid. Be careful not to crowd dumplings as they will greatly expand in the liquid. Leave the sauce pan covered for 20 minutes in order to create a steam environment for the dumplings. “Peeking” into sauce pan will allow the steam to escape and could result in dry dumplings. Repeat with fresh dumpling drops until all dough is cooked. Note: for even fluffier dumplings substitute cake flour for all purpose flour.

Serving Options:

For a dessert dish spoon 4 to 6 dumplings into a bowl alongside vanilla ice cream and a ladle of peach sauce. For a savory side serve peach dumplings in a bowl without the ice cream; goes well with a spinach salad.

Serves 6

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