



Cinnamon dumplings with orange sauce

Dumplings, or souskluitjies in Afrikaans, are warm and tender pillow-like dough balls cooked in a sweet syrup. We flavoured our syrup with a zesty orange – piled high in a bowl and served with warm custard, it's near impossible to resist this comforting dessert. Easily prepared on your stove-top, this dessert cooks gently on a low heat and turns out great everytime.

TIPS & VARIATIONS:

- Van der Hum is one of the more popular naartjie liqueurs.
- The orange sauce can be used to prepare Crêpes Suzette. Prepare the sauce and place small pancakes, folded in triangles in the sauce. Heat it through and serve.
- Orange dumplings: Substitute cinnamon in dumplings with 5 ml fresh, grated orange or lemon rind and omit cinnamon sticks from sauce.
- Other ingredients such as finely chopped dark chocolate or nuts can also be used instead of the cinnamon. The orange sauce can still be prepared with these dumplings.

INGREDIENTS

SERVES 6

Sauce

- 30 g (30 ml) butter
- 50 g (60 ml) sugar
- 200 ml orange juice
- 150 ml water
- 25 ml orange or naartjie liqueur (optional) or another 25 ml water or orange juice
- 1-2 cinnamon sticks
- 2 whole allspice

Dumplings

- 210 g (375 ml) self-raising flour
- 5 ml ground cinnamon
- 2,5 – 5 ml ground allspice
- 30 g (30 ml) butter, diced
- 70 ml buttermilk or milk
- 60 ml golden syrup

METHOD

- 1. Sauce:** Place all the ingredients in a 24 cm Gourmet Dome Fry Pan or Roaster and heat over a medium temperature while stirring to dissolve sugar. Bring to a slow boil and simmer for 5 minutes. Cover sauce with lid and reduce heat while maintaining a low simmer.
- 2.** Meanwhile prepare dumplings. Sift flour and spices in a glass bowl and add butter. Rub butter through dry ingredients with fingertips until it becomes a fine and crumbly mixture.
- 3.** Mix buttermilk and golden syrup and add to dry ingredients. Using the blade of a knife, fold the liquid into the flour until it forms a soft dough. Gently press together with hands and form into a roll or ball. Divide dough into 18 - 20 equal portions, take care not to handle dough too much as this prevents the dumplings from being light and fluffy.
- 4.** Ensure that sauce is simmering and place dumplings in sauce. Cover with lid and check heat setting is on low-medium.
- 5.** Simmer dumplings for 6 - 8 minutes and gently turn them over in the sauce. Cover and simmer for another 6 - 8 minutes or until a toothpick comes out clean when a dumpling is tested. The Visiotherm should not pass the 12 o'clock position, as the dumplings only need a gentle simmering process.
- 6.** Serve dumplings and sauce immediately with custard, ice cream or thin cream