



Golden syrup dumplings

With sultanas and seasonal fruit

Recipe by Javier Duharte of JD's Kitchen Capers

INGREDIENTS

Dough ingredients:

- 2 cups self raising flour
- 30g butter
- ½ cup milk
- 3tbs golden syrup
- ½ cup sultanas

Sauce ingredients:

- 2 cups water
- 30g butter
- ¾ cup golden syrup
- ½ cup brown sugar

NOTES

An easy to make and economical recipe. Berries or any fruit in season can be added.

Javier loves to use blueberries!

DIRECTIONS

1. Rub butter and flour with finger tips until it resembles bread crumbs and then pour in the milk. Add the golden syrup and the sultanas, and mix it with a knife until it forms a dough.
2. Flour a board and transfer the dough onto the board, and then give the mixture a quick knead and pat down.
3. Then, cut it into small sections with a knife, giving yourself about nine pieces, which you can then roll into balls and set aside.
4. For the sauce, place the butter into a hot pan. As it melts, add the sugar and stir, and then add golden syrup and the water, stirring it gently until it comes to the boil.
5. Turn the pan to a low heat and add the dumplings, spreading them evenly around the pan.
6. Cover the pan with a lid and simmer for 10-12 minutes. Halfway through, turn them over and leave simmering for the rest of the time.
7. Finally, uncover the pot and let simmer for about three minutes, until the sauce thickens, spooning sauce on top. Serve with ice cream or thickened cream.



Sundays

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