

Golden Syrup Dumplings

Serves: 24 tastes in the classroom

Equipment:

Lemon juicer
Frying pan with lid
Scales
Measuring jug, spoons and cups
Wooden spoon
Bowls – 3 small, 1 large
Whisk
Sieve
Dinner plate
Slotted spoon
Small jug

Ingredients:

SYRUP

1 lemon
4 cups water
350g brown sugar
175g golden syrup
60g butter

DUMPLINGS

60g butter
4 eggs
5 tablespoons milk
2 tablespoon plain flour
450g self-raising flour

What to do:

☐ To make the syrup, juice the lemon half, then pour the juice into the frying pan or saucepan. Weigh/measure the water, brown sugar, golden syrup and butter and add to the pan. Stir with the wooden spoon over low heat until the butter has melted and the brown sugar has completely dissolved. Increase the heat to medium and bring the syrup to the boil, then immediately remove the pan from the heat and set aside until needed.

☐ To make the dumplings, place the butter in a small bowl and allow it to come to room temperature. Meanwhile, place the eggs and milk in a second small bowl and whisk until well combined. Put the plain flour into the third small bowl and place on your workbench.

☐ Sift the self-raising flour into the large bowl. Using your fingertips, rub in the softened butter. Make a well in the centre of the flour mixture, then tip in the whisked-egg mixture. Use the wooden spoon to gently stir until all the ingredients are combined.

☐ Dip your fingers into the plain flour in the small bowl (this helps stop the dough from sticking to your hands). Working in batches, pull out small bits of dough and use your floured fingers to roll it into a small dumpling. Place it on the dinner plate, and then repeat the process with the remaining dough.

☐ Place the pan containing the syrup on the stove and bring to a simmering point, stirring with the wooden spoon to heat it evenly. Carefully put the dumplings into the simmering syrup, quickly cover with the lid and cook over a medium heat for 10 minutes without lifting the lid.

☐ Lift the lid to check the dumpling is cooked – they should look well-risen and fluffy. Use the slotted to carefully lift the dumpling out of the syrup and put them in a serving dish, pour the syrup over the dumplings