



Wild Raspberry Dumplings

Ingredients

2 kg raspberries
900 grams raw sugar
3 cups water

Mix all ingredients in a saucepan and bring them to the boil, simmer 5 minutes and then allow to cool. Strain cooled raspberries through a fine strainer into another saucepan, reserving the pulp.

100 grams reserved raspberry pulp
1 cup self-rising flour
4 tsp macadamia nut oil
8 tsp water

Mix all together in a mixing bowl and kneed to a smooth dough (similar to scone dough). Roll out to 5mm thick and cut into rounds with a small scone cutter and place aside.

Bring the saucepan of reserved sweet raspberry juice to the boil. Float dumplings on simmering juice and place a tight-fitting lid on saucepan and simmer for 20 minutes – do not remove lid during the 20 minutes cooking time. Remove cooked dumplings with a slotted spoon and place aside.

Repeat if more dumpling mixture is still to be cooked. Extra water can be added to the boiling juice if it seems too thick for the second batch.

Put 2 dumplings in each dessert plate and pour over some juice, and top with a teaspoon of sour or sweet cream. The dumplings can be eaten either as a hot or a cold dessert.

RECIPE by John King

