

Golden Syrup Dumplings

Serves: 6 **Preparation time:** 15 minutes
Recipe source: Joy Davis

Cooking time: 20 to 30 minutes

Ingredients:

Dumplings:

1 cup (150g) self-raising flour

¼ teaspoon salt

1 tablespoon (20g) butter, softened

3 tablespoons milk

1 egg (or see notes for egg substitute)

OR you could make a Scone mixture for the Dumplings

Syrup:

3 cups boiling water

1 cup (220g) sugar

2 tablespoons (40g) butter

2 tablespoons golden syrup

Equipment Required:

Measuring cups, measuring spoons, knife (to level ingredients when measuring and to mix), sifter, bowl, cup (to crack egg in), saucepan, wooden spoon, scraper, baking dish.



What to do:

1. Set oven to 180°C. (For an alternative cooking method see Notes.)
2. Make Dumplings:
 - a. Measure flour and salt into a bowl.
 - b. Using your fingertips, rub the butter into the flour and salt mixture. When you cannot see any butter and the mixture looks like fine breadcrumbs, move on to c).
 - c. Add milk and egg, then mix to form a soft dough.
 - d. Shape the dough into balls to make 12 dumplings.
3. *Syrup:
 - a. Bring all of the syrup ingredients to the boil in a pot on the stove.



4. Grease an oven dish.
5. Put dumplings into the greased oven dish.
6. *Pour boiling syrup over the dumplings.
7. Bake for 20 to 30 minutes.
8. Serve hot, with ice cream or cream.



Notes:

- * denotes Adult supervision required.
- Egg substitute (equivalent to 1 egg):
 - Ingredients:
 - 2 tablespoons water
 - 2 teaspoons baking powder
 - 1 teaspoons vegetable oil
 - Method:
 1. Place all ingredients in a small bowl or jug.
 2. Stir until well combined.
- An alternative cooking method is to cook it on the stove top:
 - After step 3, place dumplings and syrup in a large pot.
 - Reduce the heat to low and simmer, covered for 15-20 minutes or until a skewer comes out of the dumpling clean.