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by Joyce Milne

Dumplings/ Doughballs



Ingredients

4 oz. self raising flour

2 oz. suet (either vegetable or regular) I imagine you would be able to make these with either butter, Crisco or a Cookeen type shortening.

Salt and Pepper

½ onion chopped

1 hand-full of parsley chopped

(you can in fact season with any herb or spice, but this was particularly tasty)

Splash of cold water

Oil or a small knob of the Crisco in each muffin tin cup

Preparation

- 1 Pre heat oven to 220 deg C.
- 2 Put a scant ½ teaspoon either oil or the shortening in 6 ordinary sized fairy cake oven tin
- 3 cups. (not the giant sized American size muffin tins), and put the tin in the oven to heat till
- 4 the oil is smoking. Just like prep for Yorkshire Puddings
- 5 Put all ingredients in a bowl, and add in enough of the water to form slightly sticky dough.
- 6 Put the dough into 6 spaces in the baking tin and straight into the oven, for 15 minutes or
- 7 till the top is golden.
- 8 Absolutely delicious.

Cooks Note

One of the Abu Dhabi coffee morning ladies 'invented' this recipe, and this week I tried it, they were really lovely, light and fluffy in the middle and crispy on the top. Somewhere between a Yorkshire Pudding and a dumpling.