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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.