



Apple Dumpling

NIBBLEDISH CONTRIBUTOR

Ingredients

Please know that this recipe is for a single dumpling. However you can easily scale this up.

- 1 medium sized apple
- 3 T. butter
- 10-12 sheets of phyllo dough
- 2 T. sugar
- 1 t. cinnamon
- 1/2 t. nutmeg
- 1/4 t. ground cloves
- pinch of salt

Instructions

I made this dumpling after standing for an hour in a cold wind. It really hit the spot. The reason this recipe is only for one is because I was only cooking for me. Hopefully this won't cause complications for anybody. :)

1. Preheat your oven to 350° F.
 2. Peel and core your apple (I used a honeycrisp for an extra bit of sweetness).
 3. Mix the sugar and spices together in a small dish.
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4. Melt the butter. Meanwhile, take out your phyllo dough and place it on a clean surface. Cover with plastic wrap or a damp towel to prevent the sheets from drying out. Using a pastry brush, lightly coat each sheet with butter and set into the pan you will be baking the dumpling in.
 5. Brush the apple with butter and place it in the center of the phyllo dough. Sprinkle with as much of the sugar-spice mixture as you desire. Fold the corners of the phyllo dough over the top of the apple and brush the outside with butter. Sprinkle with some plain sugar.
 6. Bake for 25-35 minutes at 350° or until the apple has softened.
 7. Eat warm with a drizzle of honey or caramel on top.