

Top of the Stove Caramel Dumplings

Margaret Sena Misner

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

1 1/2 cups flour
1 1/2 teaspoons baking powder
1/3 cup milk
dash salt
1/3 cup sugar
2 teaspoons butter
1/2 teaspoon vanilla
CARAMEL SAUCE
1 tablespoon butter
1 1/2 cups brown sugar
1 1/2 cups boiling water
pinch salt

In a bowl, sift together the flour, baking powder, sugar and salt.

Cut in the butter. Add the milk and vanilla.

Make the Caramel Sauce: In a saucepan, combine the butter, brown sugar, boiling water and salt. Boil together for 5 minutes.

Drop the batter by teaspoon into the boiling Caramel sauce. Cover. Cook gently over low heat for 20 minutes. Do not remove the cover while cooking.

Serve from the saucepan.

Per Serving (excluding unknown items): 1984 Calories; 24g Fat (10.6% calories from fat); 22g Protein; 427g Carbohydrate; 5g Dietary Fiber; 63mg Cholesterol; 1066mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1/2 Non-Fat Milk; 4 1/2 Fat; 18 1/2 Other Carbohydrates.