

NATIONAL TRUST OF SOUTH AUSTRALIA RECIPES

Golden syrup dumplings

A farmhouse classic, golden syrup dumplings come from an era when home cooks looked for frugal dessert options made using ingredients readily to hand. This version comes from a fundraising cookbook created by the Kaniva District Ladies' Auxiliary in Victoria more than 60 years ago, which is still in print because it's so popular.

Contributed by Jean Champness, it was given to National Trust editor Liz Harfull by her daughter, Shirley, when she was researching *Tried Tested and True: treasured recipes and untold stories from Australian community cookbooks*. Unusually, the Champness family preferred to bake their dumplings, rather than cook them on the stove top. 'It makes a nice crispy top that is golden brown and always looks inviting, and we used to eat them with fresh cream, which we separated ourselves, from milk taken from our own cows,' Shirley explained.

Dumplings:

225 g (1 ½ cups) self-raising flour
30 g butter
1 egg
80 ml (1/3 cup) milk (approximately)

Syrup:

500 ml (2 cups) water
110 g (1/2 cup firmly packed) brown sugar
30 g butter
2 tablespoons golden syrup

Preheat the oven to 190°C in a conventional oven.

To make the dumplings, put the flour in a large bowl, then rub in the butter until the mixture looks like fine breadcrumbs.

Break the egg into a 125 ml (1/2 cup) measure and lightly beat it with a fork. Top the cup up with milk, then beat again with the fork. Pour the egg mixture into the flour mixture, then stir it with a knife to form a stiff dough. Roll dessert-spoonfuls of the dough into balls.

To make the syrup, put the water in a large saucepan with the sugar, butter and golden syrup. Stir over medium heat until the sugar has dissolved, then bring gently to the boil.

Pour the boiling syrup into a baking dish (approximately 24 x 18 cm), and then immediately add the dumplings. Spoon a little syrup over each one, and bake them, uncovered, in the oven for about 20 minutes, until golden brown and crispy on top and a skewer comes out clean.

Serve with cream or ice cream.

Serves 4–6

Tips from Liz and Shirley

- If the dumpling mixture is too dry, add a little extra milk to bring it together into a stiff, slightly sticky dough.
- You should get eight dumplings from this mixture—make sure they are the same size so they cook evenly.
- The syrup needs to be straight off the boil when you put it in the baking dish.
- Jean preferred to use a metal baking dish, rather than ceramic because it doesn't cool the syrup down as much when you pour it in, and it seems to cook the dumplings faster and produce a better result.
- Leave plenty of room between the dumplings, rather than packing them in tight, so they have room to expand.
- Stand the dish on a tray, in case it overflows

