



**Nova Scotia  
Apples**  
*Pick An Original*



## Apple Dumplings

2003 Winner - Evangeline Inn and Motel Inc., Ellen Kennie

- Pastry for a 2 crust pie
- 6 small Nova Scotia apples
- sugar
- cinnamon and nutmeg to taste
- butter

### Vanilla Sauce:

- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1/2 cup whipping cream
- 1/2 cup butter
- 1 tsp. vanilla

Roll pastry on lightly floured surface into 18 X 12" rectangle. Cut rectangle into 6" squares. Place an apple in the center of each pastry square; sprinkle with sugar, cinnamon and nutmeg, dot with butter. Bring corners of pastry squares to top of apple; press edges to seal. Place in 9 x 13" pan, brush dumplings with beaten egg white and sprinkle with sugar. Bake in 375°F oven for 40 minutes or until apples are tender. In small saucepan combine sugars, whipping cream and butter. Bring to a boil, stir in vanilla. Serve warm sauce over dumpling.

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