

Sweet Peach Dumplings

Recipe from Edible Garden Chef Anisa Lewis

Ingredients

For the Dumplings:

2 cups all-purpose flour

4 tsp baking powder

½ tsp of salt

3 T unsalted butter

1 cup of milk (buttermilk, oatmilk, etc.)

For the Peach Syrup:

6-7 ripe peaches

1½-2 cups brown sugar (lightly packed)

2 cups water

½ T fresh ginger, grated

2 T Chinese 5 spice

1 tsp vanilla

1 T basil or mint, chopped (optional garnish)

Method

In a large bowl or your food processor, combine flour, salt, and baking powder. Cube the butter, then cut into the flour mixture with a fork or by hand until it has a sandy appearance OR add the butter to the food processor and pulse it until it gets the sandy appearance. Add in the milk and mix it until it is a soft, sticky dough.

Alternatively, add the milk and pulse in your food processor until a sticky ball of dough forms. Set aside. Using a knife and cutting board, cut the peaches into cubes. Combine water, peaches, sugar, 5 spice seasoning, vanilla & ginger. Simmer on medium-high until it



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slightly thickens into a light syrup (around 7-10 minutes). Reduce the heat to medium and add the dough in spoonfuls directly into the syrup. Depending on how large you would like them, I'd say between a teaspoon or a tablespoonful of dough for each dumpling. Cover the pot with a lid and allow the dumplings to cook for 10-15 minutes. Enjoy hot with vanilla ice cream or whipped cream!



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