

Apple Dumplings

By Martha Stewart

A traditional Pennsylvania Dutch dessert, these apple pastries are spiced with cinnamon and studded with raisins. Martha made this recipe on episode 708 of Martha Bakes.

Ingredients

For the Pate Brisee

- 3 $\frac{3}{4}$ cups unbleached all-purpose flour, plus more for work surface
- 1 $\frac{1}{2}$ teaspoons kosher salt
- 5 teaspoons granulated sugar
- 3 sticks cold unsalted butter, cut into cubes
- $\frac{3}{4}$ cup ice water

For the Apples

- 6 firm, tart apples (such as Rome) with stems (8 ounces each)
- $\frac{1}{4}$ cup light- or dark-brown sugar
- 1 teaspoon ground cinnamon
- 4 tablespoons unsalted butter, room temperature
- 6 tablespoons raisins
- Zest of 1 lemon, cut into very thin strips
- 1 large egg yolk
- 1 tablespoon heavy cream

Directions

1. Make the pate brisee: Pulse flour, salt, and sugar in a food processor until combined. Add butter and pulse until mixture resembles coarse crumbs with some pea-size pieces

- remaining. Drizzle with ice water and pulse until mixture holds together when pinched. If dough is too crumbly, add more ice water, 1 tablespoon at a time; do not over-process.
2. Divide dough into thirds. Transfer to 3 pieces of plastic wrap; knead once or twice. Form into squares and wrap in plastic. Refrigerate at least 1 hour and up to overnight, or freeze up to 3 months; thaw overnight in refrigerator before using.
 3. On a lightly floured surface, roll each square of dough into an 8-by-14-inch rectangle. Then cut each square into two 9-inch triangles and some leaves. Use the back of a knife to make the vein markings on the leaves. Keep the pastry chilled and covered with plastic wrap, on parchment-lined baking sheets, until ready to use.
 4. For the apples: Preheat oven to 350 degrees. Peel apples without removing stems. Working from bottom of each apple, use an apple corer to remove core to within about 3/4 inch from the top. To remove any remaining seeds, use a 1/4 teaspoon. Mix together sugar and cinnamon. Add butter, raisins, zest; stir until thoroughly incorporated. Divide mixture evenly between the cavities of apples. Place in a 13-by-9-inch baking dish along with 3 tablespoons water and bake, basting occasionally with pan juices, until just fork-tender, about 1 hour. Transfer baking dish to wire rack and let cool completely.
 5. Place an apple onto the center of each pastry triangle. Whisk together egg yolk and cream. Brush edges of pastry with egg wash. Bring edges of pastry together and pinch or press to seal, leaving stems exposed. Garnish dumplings, as desired, with leaves moistened with egg wash to adhere. Return dumplings to parchment-lined baking sheet. Mix together egg yolk and cream. Lightly brush dumplings with egg wash and chill until firm, reserving egg wash.
 6. Preheat oven to 400 degrees. Brush dumplings again with egg wash, and bake until nicely browned, 25 to 35 minutes. Let cool slightly before serving.

Source: <https://www.marthastewart.com/1164904/apple-dumplings>