



# MARTHA JEFFERSON'S APPLE DUMPLINGS

*Recipe adapted from the Mount Vernon Inn Restaurant*

Serves 6

## Ingredients for Pastry:

- 2½ cups flour
- 3½ tsp baking powder
- ¾ tsp salt
- ½ cup shortening, cold
- ¾ cup milk

## Ingredients for Syrup:

- 2 cups sugar
- 2 cups water
- 2 Tbsp lemon juice
- 3 Tbsp butter
- Ice cream or whipped cream, for topping

## Ingredients for Apple Filling:

- 6 medium-sized apples, peeled and cored
- ¾ cup sugar
- 1 Tbsp lemon juice
- ¼ tsp cinnamon
- ¼ tsp nutmeg

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## Instructions for Pastry:

1. Sift together flour, baking powder, and salt.
2. Cut in shortening until it looks like small peas.
3. Stir in the milk until the mixture forms a ball.
4. Wrap in waxed paper and refrigerate for at least 1 hour.

## Instructions for Apple Filling:

1. Preheat oven to 450°F.
2. Roll chilled pastry into six 4-inch squares.
3. Place an apple on each square.
4. Mix together sugar, lemon juice, cinnamon, and nutmeg.
5. Fill each core with the sugar mixture.
6. Fold over the points of the pastry and pinch corners together on top. Arrange in a large shallow pan.

## Instructions for Syrup:

1. Boil sugar, water, lemon juice, and butter until it forms a thin syrup.
2. Pour syrup over the pastry-wrapped apples and bake for 10 minutes.
3. Reduce the heat to 350°F and bake 35 minutes.
4. Serve hot with ice cream or whipped cream.

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<https://national-womens-history-museum.myshopify.com/collections/books/products/first-ladies-cookbook>



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