

## STRAWBERRY DUMPLINGS

### Ingredients

8 ripe strawberries medium in size	50g butter
500g smooth Low Fat Ricotta cheese	50g Castor sugar
60g Semolina	80g Breadcrumbs
60g Plain flour	Icing Sugar
1 Egg	Cinnamon

### Method

Wash the strawberries and cut off the leaves

#### **Dough**

1. Put the eggs and smooth low fat Ricotta into a bowl
2. Add a pinch of salt
3. Stir until mixture is smooth
4. Stir in the flour and semolina
5. Rest the dough in the refrigerator for 20mins
6. Form dumplings by covering your hands with flour so as the mixture does not stick
7. Take a large spoon of dough and place it in the palm of your hand
8. Press the dough flat and place a strawberry in the middle
9. Cover the strawberry with the dough and form a dumpling (about the size of a golf ball)
10. Place the dumplings into simmering water and cook them for 10 minutes
11. Whilst the dumplings are cooking, melt the butter in a frying pan and add breadcrumbs and castor sugar and cook until golden brown.
12. Take the dumplings out of the water and roll them in the breadcrumb mixture until they are well covered.
13. Sprinkle the dumplings with icing sugar and cinnamon
14. Serve with Vanilla Ice cream and fresh berries.