

WEST INDIES

Festival (sweet dumplings)

Serves 6.

Cooking time 20-25 minutes.

Ingredients

250g self-raising flour

2 tablespoons caster sugar

½ teaspoon salt

Cold water

Vegatable oil (for deep frying)



Method

- 1 Mix all of the dry ingredients into a large bowl.
- 2 Add just enough water to make a stiff dough.
- 3 Knead it lightly and divide into 12 portions. Roll these into a small ball or log shape, then flatten slightly.
- 4 Pour enough oil into a saucepan to cover your dumplings and heat over a medium/high heat until it just begins to smoke. Carefully slide in the dumplings and cook for about 4 minutes per side, until golden brown on both sides. Drain on kitchen paper and serve.

