

8th Annual Culinary Competition

University of Connecticut | Department of Dining Services

Apple Cranberry Grunt Chef Jim Buell

Dumplings

1lb 4oz flour
1 tbsp baking powder
1 tsp baking soda
 $\frac{3}{4}$ tsp nutmeg
2 oz butter – softened
2 cups milk

Mix dry ingredients together, whisk to blend. Cut in butter to make a course meal.
Stir in milk. Do not over mix.

Fruit Mixture

4 lb tart apples
12 oz dried cranberries
2 cups pure maple syrup
4 cups apple cider
1 tsp lemon zest
1 tbsp lemon juice

Peel, core and dice apples.

In a large skillet, with a tight fitting lid, mix maple syrup, cider, cranberries, lemon zest and juice bring to a boil. Add apples and mix. Drop dumplings with a teaspoon onto fruit; leave space between dumplings for them to expand. Cover. Lower heat to med-Low, simmer 15-20 minutes

Topping

1 cup heavy cream
1 cup sour cream
1 tbsp maple syrup

Whip heavy cream to soft peaks, add syrup and fold in sour cream.
Then put a dollop on top of grunt.