

## **STOVETOP CHERRY DUMPLINGS**

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Wow, this is so good and really so easy. No baking required and the perfect dessert for President's Day or really any day you want a comforting, homey dessert. Cherries, too, are wonderful antioxidants, so you've got a bonus here, too. You'll need a sauté or skillet with a lid here. Or just use foil for a lid. Try blackberries or blueberries here, too. Now where to find the best ingredients? In **Natural Foods**, of course! I love using organic turbinado sugar in this recipe – it's a beautiful amber color.

### **Base:**

2 pounds frozen dark sweet cherries

Squeeze or two of lemon juice

2/3 cup sugar in all - remove 2 tablespoons and set aside

1/2 teaspoon cinnamon

### **Dumpling batter:**

1-1/4 cups self rising flour

1 tablespoon sugar

3/4 cup milk

1 teaspoon vanilla

Put cherries, sugar (but not the 2 tablespoons) and lemon juice in sauté pan.

Bring to a boil and reduce heat, simmering uncovered until slightly syrupy, about 5-6 minutes. If you want a less juicy base, continue cooking a few more minutes.

Meanwhile:

Mix cinnamon with 2 tablespoons reserved sugar and set aside.

### **Make batter:**

Stir together flour and sugar. Stir in milk and vanilla. Mixture will be a bit lumpy. Spoon tablespoons of dough over cooked cherries. Sprinkle with cinnamon sugar. Put lid on and simmer 10-12 minutes or until dumplings have risen and are dry to the touch. Serve with ice cream, cream or whipped cream.