

Grandma's Blackberry Dumplin's: Classic Southern Comfort Dessert

Here's what you'll need to create these delicious Grandma's Blackberry Dumplin's:



TIME

20 to 30 min

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INGREDIENTS

- 1 quart fresh blackberries (about 4 cups)
- 2 cups white sugar, or to taste
- 2 cups water
- 2 tablespoons butter
- 1 teaspoon cinnamon
- 2 cups all-purpose flour
- 1 teaspoon salt
- 1/4 cup shortening (cold, cut into pieces)
- 1 egg yolk
- 5 tablespoons milk (whole or 2%)

Swaps and Notes:

Fresh Blackberries: Fresh blackberries are ideal for the best flavor and texture. Frozen blackberries (do not thaw) can be used, but may release more liquid, so you might need to simmer the sauce slightly longer to thicken.

White Sugar (Sauce): Adjust the sugar based on the sweetness of your blackberries. If they are very tart, you might need a little more.

Butter (Sauce): Adds richness and a lovely sheen to the blackberry sauce.

Cinnamon (Sauce): Complements the blackberries beautifully. A pinch of nutmeg can also be added.

Flour (Dumplings): All-purpose flour is standard.

Shortening: Cold shortening cut into small pieces is crucial for tender, flaky dumplings. Do not use melted shortening or butter in the dough.

Egg Yolk: Adds richness and helps bind the dough.

Milk (Dumplings): Whole milk or 2% milk works. Add gradually until the dough is just moistened.

Buttermilk can be used for a slightly tangy dumpling.

Dumpling Shape: The recipe suggests both balls and strips. Strips tend to cook more evenly and offer more surface area for the sauce to cling to.

DIRECTIONS

1. Let's get these comforting : Grandma's Blackberry Dumplin's cooking!
2. Prepare the : Blackberry Sauce: In a large saucepan (a Dutch oven or deep pot is ideal), place the 1 quart of fresh blackberries, 2 cups of white sugar, 2 cups of water, 2 tablespoons of butter, and 1 teaspoon of cinnamon. Cook the mixture over medium heat, stirring occasionally, until the sugar is dissolved and the blackberries have started to break down and form a sauce. This will take about 20 to 30 minutes. The sauce should be bubbling gently.
3. Make the : Dumpling Dough: Meanwhile, while the blackberry sauce is simmering, prepare your dumpling dough. In a medium mixing bowl, whisk together the 2 cups of all-purpose flour and 1 teaspoon of salt. Add the 1/4 cup of cold shortening (cut into small pieces). Use a knife or a pastry blender (or your fingertips) to cut the shortening into the flour mixture until it resembles coarse crumbs. In a separate small bowl, lightly beat the 1 egg yolk. Add the egg yolk into the crumbs. Now, add the 5 tablespoons of milk, a tablespoon at a time, tossing gently with a fork, until the flour mixture is just moistened and comes together. Be careful not to add more milk than you need; you want a cohesive dough. When you squeeze a handful of the moistened pastry mixture, it should form a ball. Do not overmix.
4. Shape the : Dumplings: Divide the dough in half and gently shape each half into small balls. My Preference (as per note): I tried both the dumpling balls and the strips, and I prefer the strips best!! For strips, roll the dough out to about 1/4 inch thickness on a

lightly floured surface and just cut it into strips (then cut strips into squares if you like smaller pieces). This allows for quicker cooking and more sauce absorption.

5. Cook the : Dumplings in Berries: Gently drop the formed dumplings (either balls or strips) into the simmering blackberry sauce. Simmer the dumplings, covered, over medium heat for exactly 15 minutes. During this time, you may gently push the dumplings down into the juice with the back of a spoon, but do not stir until they are fully cooked or they will clump together and break apart.
6. Serve: Once the dumplings are cooked through and tender, remove from heat. Serve your warm, delicious Blackberry Dumplin's immediately! They are YUMMY!! Great with vanilla ice cream!

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TIPS FOR SUCCESS

Ripe Blackberries: Use ripe, flavorful fresh blackberries for the best sauce.

Drain Frozen Berries: If using frozen blackberries, thaw them slightly and drain any excess liquid before adding to the pot to control sauce consistency.

Don't Overwork Dumpling Dough: Mix the dumpling dough just until it comes together.

Overworking the dough will result in tough dumplings.

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Original recipe: <https://chefmaniac.com/grandmas-blackberry-dumplings-classic-southern-comfort-dessert/>