

Sweet Plum Dumplings: A Cozy Potato & Fruit Dessert Recipe

There's a certain magic in traditional European desserts, and these



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20 min

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INGREDIENTS

450 g starchy potatoes (like Russet or Yukon Gold)
130 g all-purpose flour
2 tbsp granulated sugar
30 g semolina
1 tsp lemon peel (finely grated zest)
Oil for shaping the dumplings (neutral oil like vegetable or canola)
130 g margarine (or unsalted butter for richer flavor)
100 g bread crumbs (plain or Panko)
7 Italian plums (or other firm, small plums), washed
7 pieces rock candy or sugar cubes
Powdered sugar for dusting (for serving)

DIRECTIONS

1. Prepare the Plums: Start by thoroughly washing the plums. Using a small, sharp knife, carefully cut each plum halfway around its circumference, following the seam, to remove the pit. Leave them slightly open. Set the prepared plums aside for now.
2. Boil the Potatoes: Place your starchy potatoes in a large pot. Cover them with cold water, ensuring they are fully submerged. Bring the water to a boil over high heat, then reduce the heat to medium and let them boil for about 20 minutes, or until they are tender when pierced with a fork.
3. Mash the Potatoes: Once the potatoes are cooked, drain them well. While they are still hot (this is important for a smooth mash!), carefully peel them. Transfer the peeled hot potatoes to a large mixing bowl. Using a potato ricer, potato masher, or a sturdy fork, mash them thoroughly until they are smooth and free of lumps. You want a very fine, consistent mash.
4. Create the Dough Base: Add 30 g of margarine (or butter) to the hot mashed potatoes. Mix vigorously until the margarine is completely melted and incorporated, making the mashed potatoes smooth and creamy.
5. Form the Dough: Now, add the semolina, 130 g flour, 2 tbsp sugar, and 1 tsp lemon peel to the mashed potato mixture. Get in there with your clean hands and mix everything together. Knead gently until it forms a soft, slightly sticky, cohesive dough. Avoid overmixing, as this can make the dumplings tough.
6. Prepare for Boiling: Fill a large pot with about 2 liters of water (or enough to comfortably submerge the dumplings). Add a pinch of salt to the water. Bring

the water to a boil over high heat.

7. 7. Shape the Dumplings: Divide your potato dough into 7 equal pieces. To prevent the dough from sticking to your hands, rub a little oil (vegetable or canola) on your palms. Take one piece of dough and flatten it into a disk in your hand. Take one of the prepared plums and carefully stuff a piece of rock candy or a sugar cube into the cavity where the pit was removed. Place the sugar-stuffed plum in the center of the dough disk. Carefully fold the dough around the plum, pinching and sealing all seams completely to ensure the plum is fully encased and no sugar can leak out. Roll gently between your palms to form a smooth ball. Repeat with the remaining dough and plums.
8. 8. Cook the Dumplings: Once the water is boiling, gently drop the shaped dumplings into the boiling water, being careful not to overcrowd the pot (you may need to do this in batches). Once all dumplings are in, lower the temperature to a gentle simmer. Let them simmer for about 10 minutes. The dumplings are done when they float to the surface.
9. 9. Toast the Breadcrumbs: While the dumplings are simmering, prepare the breadcrumb coating. In a separate large pan or skillet, melt the remaining 100 g of margarine (or butter) over medium heat. Add the bread crumbs and toast them for a few minutes, stirring constantly, until they are golden brown and fragrant. Remove from heat.
10. 10. Coat and Serve: Using a slotted spoon, carefully remove the cooked dumplings from the simmering water. Immediately transfer them to the pan with the toasted breadcrumb mixture. Gently roll each dumpling in the breadcrumbs until it is fully coated. Serve the plum dumplings warm, with a generous sprinkle of powdered sugar on top.

SWAPS & NOTES

Potatoes: Use starchy potatoes like Russet, Idaho, or Yukon Gold.

They mash up light and fluffy, which is crucial for the dough's texture.

Margarine/Butter: While the recipe calls for margarine, unsalted butter can be used interchangeably for a richer, more traditional flavor in both the dough and for toasting the breadcrumbs.

Semolina: Semolina adds a slight chewiness and helps with the dough's texture.

TIPS FOR SUCCESS

Hot Potatoes for Mashing: Mashing the potatoes while they are hot is essential for a smooth, lump-free mash, which translates to a

tender dough.

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

Overworking potato dough can make the dumplings dense and tough.

Seal Tightly: Ensure each plum is completely sealed within the dough.

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