

Emirati Sweet Dumplings

Tuesday, 24 March 2020 11:26 PM

Prep time: 40 mins

Cook time: 20 mins

Total time: 1 hour

Serves: 3-4

Notes: If you are short on time, just add all ingredients to a blender, blend until the batter is smooth and start deep frying the dumplings immediately. You can also substitute the saffron with vanilla as it's more affordable and easier to get in most places.

Ingredients

- Coffee Syrup
- 120 ml / 1/2 cup strong coffee
- 115 g / 1/2 cup coconut sugar
- Sweet Dumplings
- 125 g / 1 cup organic white cake flour
- 1/2 tsp baking powder
- 1/2 tsp dry yeast
- 1 tsp coconut sugar
- 1 tbsp cornstarch
- 1/2 tsp cardamom powder
- pinch of saffron
- 177 ml / 3/4 cup warm water
- 2-3 cups oil for frying (I used grapeseed oil)
- *optional: pistachios or white/black sesame seeds

Instructions

1. Make the coffee syrup by combining coffee and coconut sugar in a small saucepan. Bring to boil and stir constantly. Lower heat to medium and simmer for 3 minutes. Set aside and let cool. Transfer to a small glass bottle for easier pouring.
2. Add sugar and yeast to a small bowl, cover with warm water and set aside for 5 min or until you see small bubbles on the surface which means that the yeast is activated.
3. Into a large bowl, sift flour, cornstarch and baking powder. Add saffron and cardamom and mix well.
4. Gradually add the water-yeast mixture and keep stirring until the dough has a good (quite soft/runny) consistency. Cover with a wet kitchen towel and let it rise for 30-60 min.
5. Heat up the oil to 170 – 190°C / 335 – 375°F. Dip two teaspoons in separate cold oil, then take a heaped teaspoon of the batter and use the second teaspoon to quickly push the batter into the hot oil. Clean both teaspoons regularly and keep going until all batter is gone.
6. When dumplings are brown, remove with a fork or spatula and place it on a kitchen paper.
7. Sprinkle with pistachios, black or white sesame seeds and drizzle with a good heaping of coffee syrup.