

## Cooking With Rania

KDKA Pittsburgh Today Live 10/30/2013

### Apple Dumplings

#### INGREDIENTS

##### Dumpling Pastry:

- 3 cups all purpose flour
- 2 tablespoons sugar
- 1  $\frac{3}{4}$  teaspoons salt
- 1 cup + 2 tablespoons chilled unsalted butter – cut into cubes
- 8 tablespoons ice water
- 1  $\frac{1}{2}$  teaspoons apple cider vinegar

#### DIRECTIONS

Blend flour, sugar and salt in processor. Add butter, using on/off turns; process until coarse meal forms. Add 8 tablespoons ice water and cider vinegar; blend until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Gather dough together. Turn dough onto work surface and flatten into disk. Chill at least 1 hour. Roll the pastry into a rectangle, 12 by 12 inches. Cut into 4 (6-inch squares) with pastry cutter or knife.

##### For the apples:

- 4 large apples, peeled and cored
- 4 tablespoons brown sugar
- 2 teaspoons Mexican cinnamon

##### Directions:

Preheat oven to 400 degrees.

Lightly grease a cake pan.

Place apple on each square. Spoon 1 tablespoon brown sugar and 1 teaspoon cinnamon into the center of each apple. Moisten corners, pinching edges of pastry to seal. Brush with slightly beaten egg and sprinkle with additional sugar. Bake 30 minutes or until crust is golden and apples are tender.

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### Chocolate Laced Caramel Apples

#### INGREDIENTS

Vegetable cooking spray  
6 small Red Delicious apples, washed and dried, stems removed \*see Note  
2 (9.5-ounce) bags soft caramel candies, unwrapped  
3 tablespoons milk  
  
1 (8-ounce) bar dark chocolate, chopped into 1/2-inch pieces  
  
Assorted small candies, chopped nuts and sprinkles  
Special equipment:  
6 craft or thick wooden sticks

#### DIRECTIONS

Line a baking sheet with parchment paper and spray it with cooking spray. Insert the craft sticks halfway into the stem-ends of the apples.

In a medium, heavy saucepan, over low heat, combine the caramel candies and milk. Cook, stirring occasionally, until the candies have melted and the mixture is smooth, about 10 minutes. Set aside to cool for 2 minutes. Dip the apples in the caramel until coated and put them on the parchment paper until firm, about 2 hours.

Put the chocolate in the BonJour All-In-One Double Boiler and follow the directions for melting chocolate. Stir until the chocolate is smooth and melted. Using a fork, drizzle the melted chocolate over the caramel. Put the apples back on the parchment paper for 10 minutes. Sprinkle with small candies, chopped nuts or sprinkles and allow the chocolate to harden, at room temperature, for about 3 to 4 hours.

Note: Some apples have a wax coating that will prevent the caramel from sticking. To remove the wax coating, dip the apples for 4 seconds in 6 cups of boiling water mixed with 1/4 teaspoon white vinegar. Dry thoroughly before using.

**Serves:** 6 servings