

Golden Dumplings Recipe

Dear Reader,

Ever since I wrote golden syrup dumplings into Layla and Griffin's story, I've had a hankering to eat some. My mum used to make them when I was little and I still love them. So I found this recipe and thought you and your parents might like to try it out too.

Glenda Millard

The Sauce

30g butter

3/4 cup brown sugar, firmly packed

1/2 cup golden syrup

1 2/3 cups water

1 teaspoon of lemon rind

Juice of one lemon

Combine all the above ingredients in a saucepan and stir over heat without boiling until sugar is dissolved. Then bring to boil without stirring and reduce to a simmer.

The Dumplings

1 1/4 cups self-raising flour

30g butter

1/3 cup golden syrup

1/3 cup milk

Sift flour, rub in butter and gradually stir in golden syrup and milk. Carefully drop tablespoonfuls of mixture into simmering sauce. Cover, and simmer for about 20 minutes. Pierce with a skewer to see if cooked through. Serve with the sauce and cream or ice-cream.

Armenian Love Cake

2 cups plain flour

2 teaspoons baking powder

1 cup brown sugar

A pinch of salt

125 grams butter, chopped

1 teaspoon baking soda

1 cup milk

1 egg, lightly beaten

1 teaspoon freshly grated nutmeg

½ cup roughly chopped golden walnuts

Pre-heat the oven to 180°C.

Line a cake tin with baking paper. (I like to use a heart-shaped tin, but any kind will do.)

Sift the flour, baking powder, brown sugar and salt into a large bowl. Rub the butter into the dry ingredients with your fingertips until the mixture is crumbly. Place half of this mixture in the cake tin.

In a separate bowl, dissolve the baking soda in the milk, then add the egg and nutmeg. Combine the remaining dry mixture with the wet ingredients and mix thoroughly. Pour this on top of the dry mixture in your cake tin. Cover the top with the chopped walnuts.

Bake for about one hour. You can test to see if it is cooked by inserting a skewer. If the skewer comes out clean, the cake is cooked.

When cooked, remove the cake from oven and leave in the tin for about 10 minutes before turning out onto a cooling rack. Serve warm or cold.

Best shared with friends and eaten in peace.