

Apple Dumplings with Rum Caramel

Ingredients

- 1 Puff Pastry Sheet (thawed)
- 2 Granny Smith Apples (halved, peeled and cored)
- 1/2 c Brown Sugar (plus 2 tablespoons)
- 1/2 t Ground Cinnamon
- 1/4 t Ground Nutmeg
- 1 T Unsalted Butter (plus 4 teaspoons)
- 1 T Dark Rum
- 1/4 c Heavy Cream
- 1 Egg (beaten)

Instructions

- 1.Preheat your oven to 375 degrees, and spray an 8" X 8" baking dish with non-stick spray.
- 2.In a small bowl mix together 1/4 cup brown sugar, 1/4 teaspoon cinnamon, and 1/8 teaspoon nutmeg, set aside.
- 3.Remove puff pastry dough from the fridge. Roll it out slightly on a floured surface and cut into quarters.
- 4.Place one of the halved, peeled and cored apples in the center of each quarter. Sprinkle brown sugar mixture over the top of each apple. Top with a teaspoon sized pat of butter. Wrap puff pastry around the apple, and pinch to seal at the top. Place in baking dish.
- 5.In a small bowl beat egg and brush over the tops of each apple. Bake for 40-45 minutes or until

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pastry is golden brown and flaky.

6. Meanwhile, melt 1 tablespoon butter in a saucepan, add to it 1/4 cup plus 2 tablespoons brown sugar, 1/4 teaspoon cinnamon, 1/8 teaspoon nutmeg and rum. Whisk while sugar dissolves. Add in heavy cream and whisk until sauce thickens.

7. Pour sauce over warm dumplings and serve. May also serve alongside whipped cream or vanilla ice cream.