



**BIOSÜDTIROL**

## Organic farmer Astrid serves: Apple Dumplings

Preparation: 1.5 hours

Difficulty: average

### Ingredients (4 servings)

70 g Bonita apples cut into cubes

125 g quark (or low-fat ricotta)

25 butter

10 g sugar

1 egg

vanilla sugar

lemon zest

butter for cooking the apples

1 tablespoon apple brandy

1 package of powdered vanilla pudding mix

30 g flour

20 g finely chopped walnuts

20 g breadcrumbs

150 ml apple juice

175 g mixed berries: raspberries, strawberries and blackberries

sugar to taste

### Preparation

Beat the softened butter with the sugar and egg, add the quark, a pinch of salt, vanilla sugar and lemon zest. Sauté the apple cubes in butter, add the brandy and reduce the cooking liquid.

Once at room temperature, season the apple cubes with a pinch of cinnamon and mix with the quark. Finally, add flour. Leave the dough to rest in the refrigerator for at least 1 hour. In the meantime, chop the walnuts and mix them with the breadcrumbs. Toast the bread and nuts in a pan with a little butter for a few minutes and leave to cool on a plate.

Make small dumplings and cook them over low heat for 8-10 minutes in lightly salted boiling water. Remove the dumplings from the water with a skimmer and roll them in the walnut and breadcrumb mixture.

For the berry sauce, mix the apple juice with the powdered vanilla pudding mix and cook in a pan, add the berries and leave to simmer for a few minutes. Finally, let the berry sauce cool and serve with the dumplings... and with a smile!



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**A tip from Astrid:**

Instead of the berry sauce, you can also serve them with a delicious apple icing. Enjoy!