

Jamaican Fried Dumplings

Jacob · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

6

Description

These fried dumplings are usually served with codfish in Jamaica as part of a big weekend breakfast

Ingredients

- - 4 cups all-purpose flour - 2 teaspoons baking powder - 1 ½ teaspoons salt - ½ cup butter
- cut into cubes and softened - ½ cup cold water - 1 cup vegetable oil for frying

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Mix flour
2. baking powder
3. and salt together in a large bowl. Dotdash Meredith Food Studios Rub in butter until the mixture is crumbly. Dotdash Meredith Food Studios Mix in water
4. 1 tablespoon at a time
5. to form a firm dough; knead briefly. Dotdash Meredith Food Studios Heat oil in a large heavy skillet over medium heat. Break off pieces of dough and shape them into biscuit-like patties. Dotdash Meredith Food Studios Place just enough of the dumplings into the hot oil so they are not crowded; fry until golden brown
6. about 3 minutes per side. Dotdash Meredith Food Studios Remove from the pan and drain on paper towels before serving. Dotdash Meredith Food Studios Editor's Note: Nutrition data for this recipe includes the full amount of breading ingredients. The actual amount of breading consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
7. ingredient density
8. and specific type of oil used.