

## Remember Fry Dumpling

Yuh remember how to meck fry dumplin?

If you remember life in Jamaica after hurricane, with no electricity fry dumplin achieves prime status. Without the ability to refrigerate food and the need to keep your family happy, everyone became a dumplin specialist. But of course there are specialsits and there are specialists. Fry dumplin or 'plin', used to be a mainstay of the ol time cold supper shop, and when you think about it, can be considered 'fast food'. The test of many 'new wives' by newly married men is 'if she can fry dumpling like mi madda'. When next you visit New York, check out the Dumplin Shop, where all they make is 'fry dumplin. so just in case you forgot here is the Chat-Bout fry dumplin recipe What Yuh Ago Need

- 4 cups flour
  - 2 teaspoons baking powder
  - 1 &ndash; 2 teaspoons of salt
  - 1/2 cup of butter or margarine
  - 1/2 cup cold water
  - 1 cup oil for frying
  - A frying pan with a thick bottom What Yuh Ago Do
  - Sift the flour, baking powder and salt together. Place in a large mixing bowl and cut in the margarine or butter with two knives or your fingers. Slowly add the water, kneading gently (if you over-knead dumpling can be used as a weapon). Heat the oil in a thick bottomed frying pan over medium-low heat until hot
- Knead the dough on a lightly floured surface.

Break off small pieces of the dough (approximately two inches in diameter). Form into balls, then flatten with an indentation in the middle (ensures that the middle is properly cooked).

Fry the dumplings in the hot oil for approximately three minutes, until the outside is golden brown and the indentations in the middle have puffed out. If you can resist eating them one at a time before they are done, remove them and drain on paper towels. Send us some of yuh favourite jamaican recipe and we'll publish demat chatboutjamaica@gmail.com