



Delicious vegan Apricot Dumplings

⌚ Preparation time: 25 minutes
Cooking time: 15 minutes
Total time: 40 minutes

👤 Portions: 2

Ingredients (for 6-8 dumplings up to the size of the apricots)

- 50 g (1.7 oz) margarine
- 250 g (8.8 oz/ 1 cup) vegan curd
- 100 g (1 cup) (spelt) flour
- 100 g (1 cup) semolina
- 2 tbsp. (25 g/0.8 oz) chickpea flour or soy flour
- Zests of a half an organic lemon
- 6-8 apricots
- 1 pinch of salt
- 6-8 small tsp. of coconut sugar + coconut sugar for dusting
- 1 pinch of cinnamon
- 2 tbsp. hulled hemp seeds
- Optional for garnish: lavender flowers

For the vanilla sauce

- 250 g (8.8 oz) silken tofu
- Zests of a half an organic lemon
- 1 tsp. ground vanilla
- 2 tbsp. rice syrup or agave syrup
- Optional: 1 bit of turmeric for a nice golden color of the sauce
- Some plantbased milk to dilute the sauce to your liking

Instructions (25 Minuten Zubereitungszeit + 15 Minuten Kühlzeit + 10 Minuten Kochzeit)

1. Melt the margarine and mix with the vegan curd. Stir in spelt flour, semolina and chickpea flour. Wash the lemon with hot water, scrape off the zest of half a lemon and mix in. Knead the dough well and let it rest in the fridge for 15-20 minutes. This will make the dough firmer.
2. Wash and separate the apricots without cutting them completely apart and remove the stones. Place a small tsp. of coconut sugar into each apricot.
3. Divide the dough into 6 or 8 portions depending on the size of the apricots, form each portion round and flat with moistened(!) hands and wrap the filled apricots.
4. Heat a pot of lightly salted water and let the apricot dumplings simmer gently in boiling water for about 10-15 minutes. The water should not bubble too much, but rather boil. Remove the apricot dumplings from the water and let them drain. Mix coconut sugar, cinnamon and peeled hemp seeds and sprinkle the dumplings all around.
5. For the sauce, blend silk tofu, the zests half of an organic lemon, ground vanilla and rice syrup in a blender. If you like, add a bit of turmeric to give the sauce a nice yellowish color. Season the vanilla sauce to taste with more sweetener if you like and stretch the consistency with plantbased milk to taste. I do this while the dumplings are simmering.
6. Halve the apricot dumplings and serve still hot on vanilla sauce. I add some lemon zests and garnish the dumplings with some beautiful lavender flowers.

Tip: The apricot dumplings taste best fresh. You can heat them up again, but they taste really perfect right after cooking. This is why I only make a small portion at a time, as it is indicated here.