

# Schnitz und Knepp (Apples and Dumplings)

*Sue Smith - Seven Valleys, PA*

*Treasure Classics - National LP Gas Association - 1985*

## **Servings: 8**

*2 cups dried apples  
2 pounds smoked ham  
2 tablespoons brown sugar*

### **DUMPLINGS (Knepp)**

*2 cups flour  
1/2 teaspoon salt  
4 teaspoons baking powder  
dash cinnamon  
1 egg, beaten  
2 tablespoons butter,  
melted  
1/2 cup milk*

## **Preparation Time: 45 minutes**

### **Cook Time: 3 hours**

In a bowl, cover the dried apples with water and soak overnight.

Next morning, place the ham in a Dutch oven and cover with water. Cook about two hours.

Add the apples and the water they were soaked in. Add the brown sugar. Cook about one additional hour.

In a bowl, mix together the flour, salt, baking powder and cinnamon. Stir in the beaten egg and melted butter. Add enough of the milk to make a stiff batter.

Drop the batter by spoonfuls into the boiling ham and snitz (apples). COVER TIGHTLY. Cook without lifting the lid for 20 minutes.

*A Pennsylvania Dutch  
recipe.*

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Per Serving (excluding unknown items): 220 Calories; 4g Fat (17.5% calories from fat); 5g Protein; 42g Carbohydrate; 3g Dietary Fiber; 36mg Cholesterol; 443mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.