

Cherokee Grape Dumplings

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Traditional Cherokee grape dumplings: soft bits of dough simmered in concord grape juice until the juice thickens into a sweet purple gravy.

Servings: 12 → 48

PREP TIME	COOKING TIME	TOTAL TIME
15 MIN	**15** MIN	**30** MIN

Ingredients

DUMPLINGS

4 cups all-purpose flour, plus extra for rolling

1/4 cup granulated sugar, first measure

2 tablespoons baking powder

1/2 teaspoon salt

1/2 cup butter, unsalted

2 cups concord grape juice, first measure

SAUCE

14 cups concord grape juice, second measure

2 cups granulated sugar, second measure

Nutrition

Calories 142, Total Fat 2g, Saturated Fat 1g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 0g, Cholesterol 5mg, Sodium 88mg, Total Carbohydrates 29g, Dietary Fiber 0g, Sugar 21g, Protein 1g, Vitamin A 65IU, Vitamin C 21mg, Calcium 45mg, Iron 0mg, Phosphorous 36mg, Potassium 99mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.

2. DUMPLINGS: Whisk together the flour, first measure of sugar, baking powder, and salt.

3. Cut in the butter with a pastry blender or 2 knives until the butter is pea-sized or smaller. Add in the first measure of grape juice and mix until just combined.

4. On a heavily floured board, use a floured rolling pin to flatten dough into, approximately ¼-inch thick and 8 by 12 inch rectangle. Using a dry knife or pizza cutter, cut dough into 2-inch squares.

5. SAUCE: Heat up the second measure of grape juice and second measure of sugar in a skillet with high sides until simmering.

6. Drop in the dumplings and simmer for 10-12 minutes, stirring once or twice to make sure they don't stick together.

7. The grape juice should thicken into a sweet gravy.

8. Hold for service.
CCP: Up to 4 hours room temperature. Up to 72 hours under refrigeration.

Serving instructions

Serve 2, 2-inch squares using a spatula for approved diet types and textures.

DIET TYPES
Diabetic (CCHO): YES, 1 each
Heart Healthy/Cardiac: YES
Low Sodium: YES
Vegetarian: YES
Gluten Free: NO, see Gluten Free Tip Sheet for products

TEXTURES & CONSISTENCIES
FF: YES, with sauce on side for dipping
EC7/Soft: YES
SB6/MM5/PU4: See IDDSI fruit collection

Allergens

gluten, milk, wheat, lactose

Equipment

whisk, rolling pin, skillet

Notes

Recipe adapted for healthcare use/food service on 10/14/26. Serving Suggestion: serve with vanilla ice cream or drizzle with heavy cream

Tags

finger food, easy to chew, easy, soft, regular, parent recipe, dinner, lunch, skillet, heart healthy/cardiac, diabetic, low sodium, vegetarian, rolling pin, whisk, native american, dessert, fruit