

[Trini Dumplings Recipe](#)

Published Date

Thu 26th August 2021

Prep Time

20 mins

Cook Time

20 mins

Total Time

40 mins

Serves

12

Ingredients

- 200 grams [All-Purpose Flour](#)
- ½ Teaspoon [Salt](#)
- ¼ Teaspoon [Sugar](#)
- 142 ml Water or [Coconut Milk](#)

Instructions

1. Using a [large bowl](#), mix the flour, salt and sugar together in a bowl to evenly disperse in the flour.
2. Slowly add your liquid while kneading until it starts to come away from the sides of the bowl and become dough.
3. Empty the bowl out onto a clean work surface and knead all the ingredients together to form a ball of dough.
4. Knead for 10 minutes then set aside, cover and allow to rest for another 10 minutes. Shape the dough into your desired shape.
5. Place into your soup, stew or pot of boiling water and cook for 15-20 minutes or until it has a firm springy texture.
6. Serve with your dish or remove from the boiling water, strain and serve according to your dish and enjoy.
7. NOTE - [Coconut milk](#) will add sweetness and coconut flavoring to the dumpling

<https://classicbakes.com/recipes/trini-dumplings-recipe>