

Jamaican Fried Dumplings

These Jamaican fried dumplings are the real deal! They're perfectly puffy, golden brown on the outside, with a crispy exterior. So easy too!

Course Appetizer, Breads, Side Dish **Cuisine** Jamaican

Prep Time 7minutes mins **Cook Time** 8minutes mins **Total Time** 15minutes mins

Servings 12 servings **Calories** 109 **Author** [Jessica Hylton](#)

Ingredients

- 2 cups all-purpose flour 240 grams
- 1 tablespoon baking powder 14 grams
- 1 ¼ teaspoon sea salt 7 grams
- 4 teaspoons granulated sugar 16 grams (optional, but recommended)
- ¼ cup [vegan butter](#) softened (57 grams)
- ⅔ cup warm water 160 grams
- Oil for frying approximately 2 cups or 225 grams



Instructions

1. Add the oil to a medium saucepan over medium heat.
2. To a bowl, add the flour, baking powder, sugar, and salt and whisk to combine.
3. Add the butter to the flour mixture and smash it with a fork to combine. Continue to combine the butter and flour mixture until it has a sandy, crumb-like texture.
4. Add the water, a little at a time, to the flour and butter mixture and stir it with a fork or your hand to form a dough. Knead for about 2-4 minutes. There should still be some flour that needs to be worked into the dough.
5. Transfer the contents of the bowl to a clean, dry work surface and knead the dough until all dry ingredients are just combined. Do not over-knead the dough. It should still look a little rough on the outside and not smooth. Cover the dough with a wet paper towel and allow to rest for at least 10 minutes, ideally 30 minutes.
6. Tear off golf ball sized amounts of dough and roll slightly into a ball. When all dough balls are rolled, gently flatten them in the centre only slightly before carefully placing them in the oil a few at a time. This helps them to fry evenly (they will form back into round balls in the oil). Cover your dough again while your oil heats up.

7. Tear off a small piece of dough no larger than a 1/2 teaspoon and place it in the oil. If the oil around the dough starts to bubble all around it then it's ready for frying.
8. Cook the dough in the oil until golden brown on each side, flipping when needed (approximately 6 - 8 minutes).
9. Place a few paper towels onto a plate. Carefully remove the dumplings from the oil and transfer them to the plate. Serve warm.

Notes

To store: Jamaican fried dumplings will keep at room temperature in an airtight container for about 4 days, but if at all possible, I recommend eating them within a few minutes of frying them up.

To freeze: You can freeze Jamaican fried dumplings for up to 3 months, but the texture upon freezing and thawing won't be ideal. Alternatively, you can freeze the dough, let it thaw in the refrigerator, and then fry it up fresh when you're ready to eat.