



Apricot and Walnut Varenikis

 Vegetarian

READY IN



120 min.

SERVINGS



6

CALORIES



402 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons apricot brandy
- ☐ 0.5 cup bread crumbs fresh
- ☐ 0.3 teaspoon cinnamon
- ☐ 6 oz apricots dried (1 cup; preferably California)
- ☐ 6 servings pierogi and vareniki dough
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted
- ☐ 2 ounces walnuts finely chopped

☐ 0.3 cup water

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ ziploc bags

☐ kitchen towels

☐ slotted spoon

Directions

☐ Bring water and 1/4 cup sugar to a boil, stirring until sugar is dissolved.

☐ Remove from heat and stir in brandy. Finely chop apricots in a food processor, then add sugar syrup and pulse until just combined (do not purée).

☐ Transfer to a bowl and stir in 1/4 cup walnuts. Cool.

☐ Halve dough and roll out 1 piece on a lightly floured surface into a 15-inch round, keeping remaining dough wrapped. Trim dough to a 13-inch square.

☐ Cut lengthwise into 4 strips, then crosswise into fourths to form 16 (3 1/4-inch) squares.

☐ Put 1 slightly rounded teaspoon filling in center of each square. Working with 1 square at a time, moisten edges with water and fold in half diagonally to form a triangle, pressing edges firmly together to seal. overlap bottom points of triangle and press to seal (dumpling will look like a pointed hat).

☐ Transfer vareniki to a flour-dusted kitchen towel. Repeat with remaining squares, then make more dumplings with remaining dough and filling.

☐ Heat 2 tablespoons butter in a skillet over moderate heat, then cook bread crumbs and remaining 1/4 cup walnuts, stirring frequently, until golden, 2 to 3 minutes.

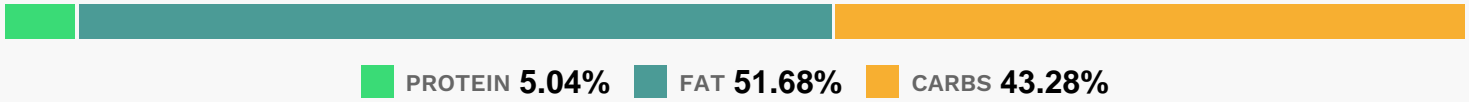
☐ Remove from heat and season lightly with salt. Stir together cinnamon and remaining 2 tablespoons sugar.

☐ Sprinkle 2 teaspoons cinnamon sugar over crumb mixture and toss.

☐ Melt remaining 6 tablespoons butter, then drizzle about 2 tablespoons on a warmed serving platter.

- ☐
- Transfer varenikis with a slotted spoon to platter and drizzle with remaining 4 tablespoons butter.
- ☐
- Serve hot, sprinkled with bread-crumb mixture and remaining cinnamon sugar to taste.
- ☐
- Filled varenikis can be frozen 1 month. Freeze on a tray until firm, about 2 hours, then freeze in sealable plastic bags. Thaw before cooking.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:14.85, Inflammation Score:-8, Nutrition Score:9.5626087966173%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 401.96kcal (20.1%), Fat: 23.29g (35.84%), Saturated Fat: 10.69g (66.81%), Carbohydrates: 43.89g (14.63%), Net Carbohydrates: 40.38g (14.68%), Sugar: 24.31g (27.01%), Cholesterol: 40.67mg (13.56%), Sodium: 163.39mg (7.1%), Alcohol: 1.67g (100%), Alcohol %: 1.96% (100%), Protein: 5.11g (10.22%), Vitamin A: 1496.58IU (29.93%), Manganese: 0.58mg (28.95%), Vitamin B1: 0.23mg (15.17%), Copper: 0.3mg (14.81%), Fiber: 3.51g (14.05%), Vitamin E: 1.76mg (11.71%), Potassium: 407.39mg (11.64%), Iron: 2.09mg (11.61%), Selenium: 8.02µg (11.46%), Vitamin B3: 2.22mg (11.1%), Folate: 39.02µg (9.75%), Phosphorus: 86.72mg (8.67%), Vitamin B2: 0.14mg (8.5%), Magnesium: 31.25mg (7.81%), Vitamin B6: 0.11mg (5.43%), Calcium: 49.17mg (4.92%), Zinc: 0.65mg (4.32%), Vitamin K: 3.55µg (3.38%), Vitamin B5: 0.33mg (3.28%), Vitamin D: 0.28µg (1.89%), Vitamin B12: 0.06µg (1.06%)