

Fruit Cobbler

Our Young Chefs, 2015
Makes 20 snack-size servings

This recipe is adapted from an easy-to-remember Southern recipe: 1 cup butter + 1 cup self-rising flour + 1 cup sugar + 1 cup milk. The Young Chefs Cooking Club tested a variety of adaptations to create a healthier version, and the one below is the most popular.



INGREDIENTS

1 cup (2 sticks/8 ounces) unsalted butter



4-ounce aluminum baking cups

DIRECTIONS

Prepare the baking cups: Preheat the oven to 425°F. Melt the **butter** in a small saucepan over low heat on the stovetop. OR Place the **butter** in a 2-cup glass liquid measuring cup; heat in a microwave oven until melted, 45 seconds to 1 minute.

Place 20 4-ounce aluminum baking cups on 2 foil-lined baking sheet pans. Spoon or pour a *generous 2-teaspoon amount melted butter* into each aluminum baking cup.

9 cups (3 pounds) sliced very ripe fruit, such as plums, peaches, pears, nectarines, pitted cherries, berries

OR 3 16-ounce bags frozen fruit, defrosted

OR 3 16-ounce cans fruit in syrup, drained or undrained, as desired

Prepare the fruit: Prepare the selected fruit as described; set aside until needed later.

$\frac{3}{4}$ cup (3.4 ounces) all-purpose flour
 $\frac{3}{4}$ cup (3.4 ounces) whole wheat pastry flour OR King Arthur white whole wheat flour

$2\frac{1}{4}$ teaspoons baking powder
 $\frac{3}{4}$ to 1 teaspoon *each* freshly grated nutmeg *and* ground ginger (*optional*)

$\frac{3}{4}$ teaspoon salt
 $\frac{3}{4}$ cup (5.25 ounces) sugar

Prepare the dry ingredients: In a medium mixing bowl, combine the **two flours**, **baking powder**, **nutmeg**, **ginger**, **salt** and **sugar**; stir with a wire whisk to blend thoroughly.

$1\frac{1}{2}$ cups (12 ounces) milk (may use low-fat or skim)

1 teaspoon vanilla extract

Dry ingredients (*prepared above*)

Aluminum cups with melted butter (*prepared earlier*)

Complete the batter; assemble the cobblers: Add the **milk** and **vanilla** to the **dry ingredients**; gently stir with a whisk *just until* combined with no lumps. (A couple of small lumps are OK - do not stir too vigorously or over-mix.) Spoon a **generous 2 tablespoons batter mixture** over the **melted butter** in each aluminum baking cup. The **butter** will blend into the **batter** a bit; that is fine, in fact good. ➡

Prepared fruit for cobbler

(prepared earlier)

$\frac{1}{4}$ to $\frac{1}{3}$ cup sugar, approximately
(optional)

Add the fruit: Spoon the fruit (and any juice if the fruit was frozen or canned) over the batter/butter mixture, dividing the fruit (and juice) *evenly* among the 20 aluminum cups. If the fruit is not very sweet, sprinkle $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon sugar over the fruit in each aluminum cup.

Bake the cobblers: Place the two baking sheet pans of individual cobblers in the oven; bake at 425°F for 18 to 22 minutes *OR* until the fruit juices are bubbling and the batter topping is lightly browned in spots. Halfway through baking, rotate/reverse the baking sheet pans' positions; switch their locations on rack levels (top to bottom, bottom to top).

TOPPING *(optional)*

Ice cream, half-and-half *OR* lightly
sweetened vanilla-flavored
whipped cream

Cool briefly and serve: Remove the baking sheet pans of cobblers from the oven; allow to cool for 5 minutes before serving. The cobblers are best served hot/warm; they may also be served at room temperature. If desired, top each serving with ice cream, a drizzle of half-and-half *OR* lightly sweetened vanilla-flavored whipped cream.
