

Fruit Cobbler

Our Young Chefs, 2015

Makes 6 to 8 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

$\frac{1}{4}$ to $\frac{1}{2}$ cup ($\frac{1}{2}$ stick/2 ounces to 1 stick/
4 ounces) unsalted butter

6 cups (2 pounds) sliced very ripe fruit,
such as plums, peaches, pears,
nectarines, pitted cherries, berries
OR 2 16-ounce bags frozen fruit,
defrosted
OR 2 16-ounce cans fruit in syrup,
drained or undrained, as desired

$\frac{1}{2}$ cup (2.25 ounces) all-purpose flour
 $\frac{1}{2}$ cup (2.25 ounces) whole wheat pastry
flour OR King Arthur white whole
wheat flour
 $1\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon each freshly grated
nutmeg and ground ginger (*optional*)
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup (3.5 ounces) sugar (use less if fruit
is especially sweet)

1 cup (8 ounces) milk (may use low-fat or
skim)
 $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon vanilla extract
Dry ingredients (*prepared above*)
Casserole dish with melted butter
(*prepared earlier*)

Selected fruit for cobbler (*prepared
earlier*)

DIRECTIONS

Prepare the baking pan: Preheat the oven to 350°F.
Place the **butter** in a 9- by 13-inch baking pan or
casserole dish; place the casserole in the oven and allow
the **butter** to melt for 10 to 15 minutes. If the **butter**
browns slightly, no problem. Remove the casserole from
the oven; set aside on a heat-proof surface.

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

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.

Complete the batter; begin to assemble the cobbler:
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.) Pour the **batter** over the **melted butter** in
the casserole dish. The **butter** will blend into the
batter a bit; that is fine, in fact good.

Add the fruit: Spoon the **fruit** (and **any juice** if the
fruit was frozen or canned) evenly over the
batter/butter mixture.



Bake the cobbler: Place the **cobbler** on a rack in the middle of the oven; bake at 350°F for 35 to 40 minutes **OR** until the **fruit** is lightly bubbling and the **batter topping** is lightly browned in spots. Halfway through baking, rotate/reverse the **cobbler's** position in the oven for even doneness.

TOPPING *(optional)*

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

Cool briefly and serve: Remove the **cobbler** from the oven; allow to cool for 5 minutes before serving. The **cobbler** is best served hot/warm; it 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.
