

Tart Cherry & Five-Spice Cobblers

Summer Fruit with Sugar & Spice | June 2007



Use fresh tart red cherries when in season. When you don't have time to pit cherries, opt for frozen fruit. Try the Gingered Cherry-Berry Cobbler variation as well.

- 3/4 CUP ALL-PURPOSE FLOUR***
- 1/4 CUP PACKED BROWN SUGAR**
- 1/4 CUP ROLLED OATS**
- 1 TSP. BAKING POWDER**
- 1/2 TSP. SALT**
- 1/4 TSP. BAKING SODA**
- 1/4 CUP BUTTER**
- 6 CUPS FRESH OR FROZEN UNSWEETENED PITTED TART RED CHERRIES**
- 3/4 CUP GRANULATED SUGAR**
- 1/4 CUP CHOPPED CRYSTALLIZED GINGER**
- 2 TBSP. CORNSTARCH**
- 1/2 TSP. FIVE-SPICE POWDER OR GROUND CINNAMON**
- 1 EGG, LIGHTLY BEATEN**
- 1/4 CUP MILK**
- 1/3 CUP PECAN PIECES (OPTIONAL)**
- 2 TSP. COARSE WHITE DECORATING SUGAR (OPTIONAL)**

Place six 10-ounce ramekins or custard cups in a 15×10×1-inch baking pan; set aside.

For topping, in a medium bowl stir together flour, brown sugar, rolled oats, baking powder, salt, and baking soda. Using a pastry blender, cut in butter until mixture resembles coarse crumbs; set aside.

For filling, in a large saucepan combine cherries (if using frozen, do not thaw), 3/4 cup granulated sugar, ginger, cornstarch, and five-spice powder. Cook over medium heat until cherries juice out, stirring occasionally. Continue to cook, stirring constantly, over medium heat until thickened and bubbly. Keep filling hot.

In a small bowl stir together egg and milk. Add to flour mixture, stirring just to moisten. Evenly divide hot cherry filling among ramekins. Immediately drop spoonfuls of dough on top of filling, covering center of filling. Sprinkle dough with nuts and coarse sugar, if desired.

Bake in a 400° oven for 15 to 20 minutes or until topping is golden brown and a toothpick inserted in the centers of topping comes out clean. Let cool for 30 minutes before serving. Makes 6 servings.

GINGERED CHERRY-BERRY COBBLERS: Prepare as directed above, except substitute 1 cup fresh or frozen blueberries for 1 cup of the cherries.

***NOTE:** If desired, substitute 1/2 cup all-purpose flour and 1/4 cup whole wheat flour for the 3/4 cup all-purpose flour.

Per serving: 409 cal., 10 g fat (5 g sat. fat), 56 mg chol., 367 mg sodium, 78 g carbo., 4 g fiber, 6 g pro.

CHERRIES

Cherry season is short; sweet cherries reach perfection in late June, tart cherries in July—but they freeze well. Stock up on tart cherries (and buy a cherry pitter), pit and freeze them, then enjoy cherry pie this winter.