

Mixed-Fruit Cobbler

Spice of Life | October 2008



This dessert is full of spices and has a lengthy ingredient list, but it's easy to make and so memorable with its cayenne kick.

PREP: 40 MINUTES BAKE: 25 MINUTES COOL: 30 MINUTES OVEN: 375°F

- 6 CUPS PEELED AND THINLY SLICED PEARS**
- 1½ CUPS FRESH RASPBERRIES**
- 1½ CUPS CRANBERRIES**
- 1¼ CUPS SUGAR**
- 1 TSP. CORNSTARCH**
- 1 TBSP. FINELY SHREDDED LEMON PEEL**
- 2 TBSP. LEMON JUICE**
- ½ TSP. GROUND GINGER**
- ¼ TSP. GROUND CINNAMON**
- ⅛ TSP. FRESHLY GROUND BLACK PEPPER**
- ⅛ TSP. CAYENNE PEPPER**
- DASH SALT**
- 1 EGG**
- 3 TBSP. WHOLE MILK OR WHIPPING CREAM**
- 1 CUP ALL-PURPOSE FLOUR**
- 4 TBSP. SUGAR, DIVIDED**
- ½ TSP. BAKING POWDER**
- ½ TSP. SALT**
- 6 TBSP. COLD BUTTER, CUT UP**
- ⅛ TSP. FRESHLY GRATED NUTMEG**
- VANILLA ICE CREAM OR SWEETENED WHIPPED CREAM (OPTIONAL)**

In a 4- to 5-quart Dutch oven combine pears, berries, 1¼ cups sugar, cornstarch, lemon peel, lemon juice, ginger, cinnamon, black pepper, cayenne pepper, and a dash of salt. Bring mixture to boiling over medium-high heat, stirring occasionally. Cook, uncovered, for 5 minutes, stirring occasionally.

Meanwhile, in a small bowl combine egg and 3 tablespoons milk; set aside. In a food processor combine flour, 2 tablespoons of the remaining sugar, the baking powder, and ½ teaspoon salt; cover and pulse to combine. Add butter; pulse until butter is worked in and there are no bits larger than a small pea. With processor running, add egg mixture just until combined.

Transfer hot fruit mixture to a 2-quart rectangular baking dish set on a baking sheet. Drop dough in 8 mounds atop fruit. Combine remaining 2 tablespoons sugar and nutmeg; sprinkle atop dough. Bake, uncovered, in a 375°F oven for 25 to 30 minutes or until biscuits are golden brown and a toothpick inserted near center comes out clean. Cool on a wire rack for at least 30 minutes. Serve with whipped cream, if desired. Makes 8 servings.

Per serving: 408 cal., 13 g total fat (8 g sat. fat), 60 mg chol., 309 mg sodium, 74 g carbo., 6 g dietary fiber, 4 g protein.