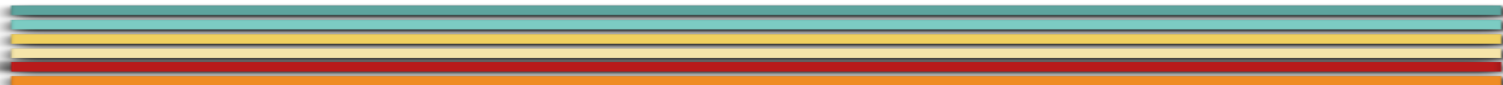




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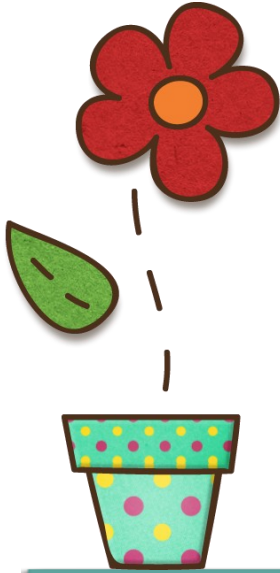
Rustic Fruit Desserts

We love the names Americans have given their homey fruit and dough desserts over the years such as: pandowdy, cobbler, crisp, betty, crunch, slump, grunt, buckle and more.

These desserts seem descended from puddings on one side and pies on the other.

They may be based on:

Biscuit Dough
Pie Dough
Dumplings
Breadcrumbs
A Crumbled Flour-Based Topping
Cake



The fruit may be cooked under, over, or inside the dough or between dough layers. However they are made, these plain, uncomplicated desserts were passed down from one generation to another. They were made with whatever ingredients that were available.

Most rustic desserts are best enjoyed the day they're made. Reheat them in the oven if needed. Do not use the microwave as it will steam and destroy a crisp topping. Serve warm with ice cream or unsweetened whipped cream or scoop into a bowl and serve with cream or rich milk.

There are many names for the various fruit desserts. Various regions of the United States have slightly different versions of these desserts.

Baking tips

- Preheated baking stones are great for baking a pie, cobbler, tart, crisp, or galette because they retain the heat, allowing the dessert to bake from the bottom up. This process creates a golden (not soggy) bottom crust.
- Baking stones need a head start, so preheat them at least 45 minutes before your dessert goes into the oven
- When baking a pie, cobbler, or crisp, just place your pan or dish directly on the stone. You can make a foil tray with an edge, and then lay it beneath the pie to collect any juice that may bubble over; this is unnecessary for a cobbler or crisp. For a galette - keep it on a baking sheet and place the sheet directly on the stone.

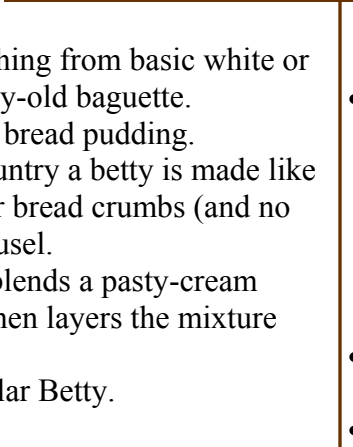
Freezing tips

- When well wrapped, many raw components such as pie pastry, short dough, crisp or crumble toppings, and shortbread cookie dough can be stored for up to 3 months without a problem. So go ahead and double or triple the recipes and freeze so you will have some readily available for your next dessert.
- Be sure to carefully wrap, label, and seal anything you tuck into the freezer.
- You can freeze whole, unbaked pies. Popping a pie into the oven directly from the freezer means your butter and fruit will take longer to melt, which allows the pie crust to bake before the filling and creates a lovely golden bottom crust and a flakier pastry. You will need to increase your baking time by 15 to 25 minutes for a frozen pie.
- You can also freeze already-baked products, including shortbread cookies, chiffon cake, bundt cakes, and buckles. These will not keep as long as unbaked products, so only freeze them for a month at the most.



Betty

- A betty (also called a brown betty) features fruit that is layered between or on top of diced bread cubes—anything from basic white or brioche to challah to day-old baguette.
- It is a kissing cousin of bread pudding.
- In some parts of the country a betty is made like a crisp, only with butter bread crumbs (and no nuts or oats) as the streusel.
- Another style of betty blends a pasty-cream custard with the fruit, then layers the mixture with the crumbs.
- Apple is the most popular Betty.



Buckle

- A buckle has a cake batter poured in a single layer, with berries added to the batter.
- Often made with blueberries because the berries sink yet keep their shape in the batter.

- Once baked, the cake has a “buckled appearance”. As the cake bakes it rises around the fruit topping (which is also sinking), so that the cake finishes with a craggy top surface.
- Think of this as a streusel and fruit topped coffeecake.
- It is halfway between a cake and a fruit crisp.
- Buckles are great for breakfast.



Clafouti

- A clafouti is a simple French country dessert.
- It is similar to an old American dessert called batter pudding and is another example of a quick batter made with fresh fruit.
- The dish is created by combining fruit (cherries are traditional) and cake batter in a pan, and baking to create an almost cobbler-like dessert.
- This simple dessert highlights the flavor of fresh fruit—berries, peaches, apples, and pears.



Cobblers

- Cobblers, featuring fruit baked under (or in) a blanket of crust or cake, is a distinctly American dish.
- It’s name is said to come from the phrase “to cobble”, meaning to patch something together roughly, or to “cobble up”, put something together in a hurry; or perhaps the fact that the combination of fruit and dough on top of the dish looks like cobblestones.
- There are three different types of crusts used in cobblers.
- Originally, a cobbler’s top crust was thick spoonfuls of biscuit dough, dumplings that cooked on top of that hot fruit layer (similar to slumps or grunts).
- Later, that dough was rolled and fitted atop the fruit; still later, pastry (piecrust) dough was rolled and fitted over the fruit, making cobbler akin to a deep-dish fruit pie without the bottom crust.
- The most recent variation finds a cake like batter being poured on top of the fruit, or fruit being placed on top of the batter. The fruit and batter create a “marbled” effect, each remaining distinct though effectively melded.
- Anyway you put together a cobbler, the fruit and crust end up mixing and mingling, the fruit softening some of the crust, the crust absorbing the fruit juices.



- Any fruit you use in a pie is appropriate for a cobbler. Berries of all sorts; stone fruits (cherries, peaches, plums, nectarines); rhubarb; and apples and pears are all good. Whatever fruit you use, it should be peeled and cored (if necessary), and cut into small bite-sized pieces; berries should be hulled, but unless they're mammoth strawberries, they can remain whole.
- Use your imagination to pair various fruits with different flavors in the crust. There are very few desserts as flexible as the one.
- Unsweetened frozen berries can be substituted when fresh ones are out of season. Use these directly from the freezer without thawing, and increase the baking time as needed to cook the dough through.
- Serve a cobbler warm from the oven alone or with cream, whipped cream, or a scoop of ice cream or yogurt.



Coffeecake

- What's the difference between coffeecake and just plain cake? Not much. Generally, coffeecakes aren't frosted (though they may be drizzled with icing) are made into a sheet or bundt-type cake, rather than layered; and don't range quite as widely through the flavor spectrum.
- Coffeecakes are typically flavored with cinnamon, nuts and fruits.
- These cakes sometimes have a crumbly topping called streusel or a light glaze drizzle.
- They are usually served with coffee.



Crisps, Crumbles and Crunches

- Crisps and crumbles are a baked fruit dessert with a streusel topping.
- A crumb topping is traditionally made with butter, brown sugar, flour and spices.
- Crumbles and crisps are not the same. Crumble toppings contain oatmeal and crisps do not. That makes sense, a topping made of just sugar, butter and flour is more likely to be crisp, while ones with oatmeal added will be crumbly.
- Crumble is the British name for a crisp with oatmeal in the topping.
- Nuts, oats, and even bread crumbs and crushed cookies, can be added to the topping. The crumb topping is scattered over the fruit and usually melts into it.
- A crunch is fruit sandwiched between two layers of sweetened, buttered crumbs. It is served cut into squares, like bar cookies, but is a bit more fragile.
 - Be sure to keep the butter cold for crisps and crunches and handle lightly to assure that the toppings will be both crisp and tender.



Crostata

- A crostata is an Italian baked dessert tart, and a form of pie. The pastry is folded over into the fruit to make a free form artisan pie.

Dumpling

- Any pie dough, puff pastry, or biscuit dough can be used to make fruit dumplings or turnovers.
- Dumplings are formed by gathering the edges of the dough up around the filling like a purse or pouch; the resulting packets may be baked or boiled.
- These little "pies" are best eaten the day they are baked.
- Apple dumplings are made with whole apples filled with brown sugar and cinnamon, which is then wrapped and baked in biscuit or pie dough.





Fool

- A fool is a simple dessert made of fruit at its peak layered with whipped cream.
- The fool originated in England in the 15th or 16th century.
- The British traditionally made this dessert with gooseberries.



Galette

- Galette is a term in the French cuisine to designate various types of flat, round, or free form crusty cakes.
- A galette, whether sweet or savory, is less fussy than a traditional tart and offers a more crisp crust.
- These desserts consist of a thin layer of fruit-often sliced, baked on top of a buttery, crisp crust.
- The edges of these tarts are simply folded over onto the fruit.

Grunt or Slump

- These desserts whose name alone will bring a smile to the face of anyone familiar with these traditional New England desserts.
- To make a grunt: take a quart of berries or diced fruit, stir in some sugar and water, and put the mixture in an iron spider (a cast iron skillet) or casserole dish that can sit on a burner. (Grunts used to be cooked in an open cast iron Dutch oven over the coals of a fire.) Then top the simmering berries with spoonfuls of biscuit dough and let the mixture cook very slowly.
- As the concoction begins to heat, bubbles slowly work their way up from the bottom of the pot to break through the biscuit dough topping. The wet snufflings you hear bear some resemblance to an animal's grunt.
- Slumps are grunts that are baked uncovered in the oven instead of steamed on the stove-top. Slumps can also be made in a casserole dish. They supposedly got their name because of the way the dish slumps over once spooned onto the plate, or as an ode to the blissful effect it has on the eater once he takes his first bite.



Kuchen

- Kuchen is the generic German word for cake, but in America it refers specifically to a breakfast pastry (equally delicious for dessert) filled with cheese or fruit and usually made from a yeast dough.



- Before baking, kuchen is sometimes topped with streusel.
- This sweet dough, rich with butter, egg and sugar, can be sprinkled with spices and dried fruits, rolled up and baked in a ring pan; formed into a braid; shaped into rolls, or simply rolled flat, brushed with butter, layered with fruit and streusel, and baked into a traditional “coffee kuchen”.
- Fresh berries, sliced peaches, plums, or nectarines, or finely sliced apples are good toppings for this cake.

Pandowdy

- A pandowdy is a deep-dish dessert that can be made with a variety of fruit. The topping is sometimes a crumbled biscuit, except the crust is broken up during the baking process and pushed down into the fruit to allow the juices to come through.
- Sometimes the crust is on the bottom and the dessert is inverted before serving.
- Apple pandowdy is a traditional American dessert dating to the early 1800’s. A combination pie and pudding, the name may come from the method in which the recipe is completed.
- After an apple-based filling is baked in a crust-topped casserole, the baker takes a fork, and “dowdies” the crust, breaking it into pieces that manage to remain crisp despite being

partly immersed in the filling.

- Some have the origin of the word stemming from the dish’s humble, “dowdy” appearance.
- For best results, the pastry must be partially baked dry before it is moistened.



- The filling is juicy; don’t be surprised when you cut into the crust and find a sea of liquid. As the dish cools, the “dowdied” crust absorbs a lot of the liquid, leaving you with an almost pudding-like dish.
- This dish is best served warm right from its pan. To reheat, cover with aluminum foil and bake at 325 degrees F. until warm.

Pie

- A pie is a dessert with filling with a bottom crust and an optional top crust.
- Pies with both a bottom and a top crust are often referred to as a “double crust”.



Shortcake

- It is difficult to imagine a more definitively American dessert than shortcake.



- Shortcakes are made of rich biscuits or scones split open, or layers of sponge cake baked and cut into rounds, filled with sugared fresh fruit, and topped with lots of whipped cream.
- Prepare the fruit and cream no more than 2 hours ahead of serving and keep both chilled.

Tarts and Turnovers

- A tart is pie without a top crust; the fruit filling can be either fresh or cooked, and often is coupled with another sweet, creamy filling.
- Tarts and turnovers are offshoots of the classic fruit pie.
- A tart, which can range from full sized to bite sized, is a shallow, straight-sided pastry crust filled with cream and fruit, or fruit alone.
- A turnover is a half-moon or triangle of crust enclosing fruit filling.
- Turnovers are made by folding the dough over the filling and sealing the edges. They can be formed in any size from miniature to large.
- Tarts are often baked in a removable-bottom pan, for ease of serving as well as a pretty presentation.
- Unlike pies, which often look sloppy in a comforting, overstuffed way, tarts are almost military-looking in their neatness; a straight, even crust, berries lined up in rows like soldiers.
- Tarts are best served in more formal circumstances (with a plate and fork); as opposed to turnovers, which are perfect “grab and go” picnic or brown-bag treats.

- An easy way to shape, cut, fill and seal turnovers is with the aid of a calzone press, sometimes called a dumpling maker, sometimes even labeled a turnover maker. A circle of serrated plastic, hinged in the middle, is used to cut a round of rolled-out dough. This dough is set inside the circle, filling is spooned onto one side, and the handles on the press are used to turn the second side over the first, and seal it.



Teacake

- Teacake is a kind of bread or cake. The name is commonly used for whatever bread or cake is traditionally served for afternoon tea within a region.
- Teacake is normally not frosted.
- A teacake is a simple cake akin to a coffee-cake. Moist and tender, it can be eaten with one’s fingers at tea time or any other time.



delicious

Trifle

- Trifle is an English concoction whose roots go back two or three hundred years.
- It is usually a stunning dessert made by layering cake, thick cream, and fresh fruit.
- Some trifles also contain a small amount of alcohol (such as Contreau, rum or kirsch).
- Traditionally this English dessert features vanilla custard and raspberries.
- However, you may use fresh, frozen, or canned fruit; omit the wine in favor of coffee or fruit juice or puree; or add chopped chocolate.



Upside-Down Cake

- An upside-down cake is, as its name implies, inverted after baking.
- The cake batter is first poured over a layer of fruit that has been generously covered with sugar, melted butter, and spices. This forms its own syrupy sauce over the whole cake when the baked cake is inverted.
- The well known pineapple upside-down cake was traditionally baked in a cast-iron skillet. This sweet, gooey-topped cake was devised to promote canned pineapple.
- The best variations are made with fresh apricots, peaches, or plums- cut into slim wedges or 1/2 inch slices of tart apples.

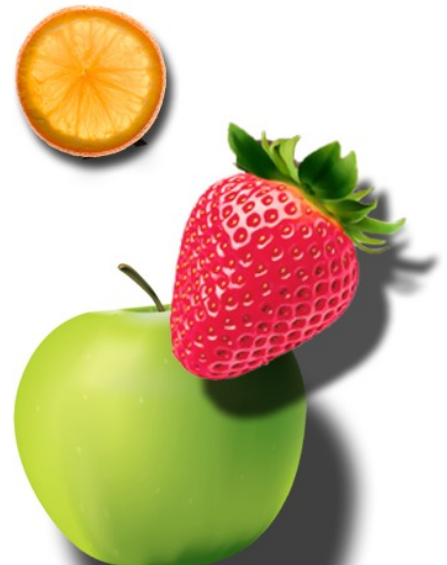


Whipping Cream

- Creams, like milk, are pasteurized and it's getting harder to find them not ultra pasteurized. The least processed cream will have a better flavor and will whip more easily.

American Creams range from:
Light - 20.6% fat
Whipping - 31.3% fat
Heavy - 37.6% fat
Half-and Half - 12% Fat

- Whipped cream is simply cream with lots of air incorporated into it.
- At warm temperatures, the fat in the cream will more easily coalesce and turn to butter.
- To prevent this, keep the cream chilled, and chill the bowl and beaters as well. In hot weather, whip it over a bowl of ice.



- To avoid turning cream into butter, beat at high speed with an electric mixer until the cream begins to thicken, then lower the speed to medium and watch it carefully.
- Err on the side of leaving it too slack rather than almost butter. If you think you've gone too far, beat in two or more tablespoons of milk or cream, which should rescue it.
- Finally, by using confectioner's sugar as a sweetener, the cornstarch that it contains will act as a stabilizer and help the whipped cream hold its shape.
- Whipped cream that is to be used as a filling needs to be beaten more stiffly than that which is to be used as a garnish.
- Chantilly Cream - is essentially lightly whipped cream enhanced with some kind of flavor - vanilla or other extract, brandy, citrus zest, etc. This is used primarily as a garnish.
- Make 2 cups Chantilly cream by: Whipping 1 cup cold heavy cream with a whisk until soft peaks form. Add 1 teaspoon granulated sugar and 1/2 teaspoon pure vanilla extract and continue whipping the cream on low speed, then gradually increase the speed until the mixer is on medium speed.
- Chantilly cream is best if served immediately. You may refrigerate it in a covered container for up to 4 hours, but you may need to rewhip some of the cream at the bottom of the bowl before serving.

Reference used: King Arthur Flour - The All-Purpose Baking Cookbook, Rustic Fruit Desserts by Cory Schreiber and Julie Richardson, Joy of Cooking by Irma Rombauer, Marion Rombauer Becker and Ethan Becker.



Apple Brown Betty

This simple dessert has been around since Colonial times. The crumbs sprinkled in with the apples thicken the juices and make a nice pudding texture as the betty bakes. You may use any sort of crumbs in the recipe-some of our favorites are cinnamon bread, gingerbread, doughnuts, graham crackers or spice cake. As long as you use whole grain crumbs, you're adding flavor and nutrition to the final dish. As with any apple dessert, this is great served warm with ice cream.

		Filling			Topping
7	cups	peeled, cored and sliced crisp, tart apples (7-8 medium apples, about 3 pounds before peeling)	1 1/2	cups	crumbs (moist whole grain bread, cake, doughnuts or crackers)
1/4	cup	packed light or dark brown sugar	1/2	cup	old-fashioned rolled oats
2	teaspoons	ground cinnamon	1/2	cup	packed light or dark brown sugar
1	teaspoon	ground nutmeg	6	tablespoons	unsalted butter, melted
1/3	cup	apple cider	2	tablespoons	walnuts, finely chopped
1	tablespoon	lemon juice			

- 1 Preheat the oven to 350°F. Butter a 1 1/2 quart baking dish.
- 2 To make the filling: Combine the apple slices in a medium bowl with the rest of the filling ingredients.
- 3 To make the topping: Combine the crumbs, oats, brown sugar and melted butter in a small bowl. Sprinkle a thin layer of the crumb mixture over the bottom of the prepared baking dish. Spoon half the apple mixture over the crumbs and top with half the remaining crumb mixture. Add the chopped walnuts to the last of the crumbs. Spoon the last of the fruit into the dish, and sprinkle the last of the crumbs over the top.
- 4 Cover the betty with foil and place it in the oven. Bake for about 30 minutes, then remove the foil. Continue baking until the crumb topping is browned and the apples are soft and bubbly, 20 minutes more. Remove the pan from the oven and cool for a few minutes before serving warm.

Servings: 10

Cooking Times

Cooking Time: 50 minutes

Nutrition Facts

Nutrition (per serving): 286 calories, 12g total fat, 26mg cholesterol, 75mg sodium, 262mg potassium, 25g carbohydrates, 4g fiber, 20g sugar, 3g protein.

Source

Source: King Arthur Flour-Whole Grain Baking

Banana Brown Betty

		Ingredients			
1	cup	orange juice, divided	1/3	cup	quick cooking oats
3	tablespoons	sugar	3	tablespoons	brown sugar
1	tablespoon	butter	1	teaspoon	grated orange peel
6	small	firm bananas, cut into chunks	1/2	teaspoon	ground cinnamon
6	tablespoons	dry bread crumbs	1/8	teaspoon	salt
			3	tablespoons	cold butter

- 1 In a large skillet, combine 1/4 cup orange juice, sugar and butter. Cook and stir over medium heat until light caramel in color, about 3 minutes. Remove from the heat. Add bananas and stir gently to combine.
- 2 Spoon half of banana mixture into six 6-oz. ramekins or custard cups coated with cooking spray. Sprinkle each with 1 tablespoon bread crumbs. Top with remaining banana mixture. Spoon 2 tablespoons remaining orange juice over each.

- 3 In a small bowl, combine the oats, brown sugar, orange peel, cinnamon and salt; cut in butter until mixture resembles coarse crumbs. Sprinkle over bananas.
- 4 Place ramekins in a 15 in.x10 in.x1 in. baking pan. Bake at 400° for 15-20 minutes or until golden brown. Serve warm. Yield: 6 servings.

Servings: 6

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 272 calories, 9g total fat, 20mg cholesterol, 188mg sodium, 49g carbohydrates, 3g fiber, 3g protein.

Source

Web Page: <http://www.tasteofhome.com>

Cranberry Buckle with Vanilla Crumb

1	tablespoon	unsalted butter, at room temperature, for pan	1/2 cup	sour cream
			2 cups	cranberries, fresh or frozen
1	cup	Vanilla Crumb (recipe following)		Vanilla Crumb
1 3/4	cups	all-purpose flour	1 cup	all-purpose flour
2	teaspoons	baking powder	3/4 cup	granulated sugar
1/2	teaspoon	fine sea salt	1/4 cup	packed light brown sugar
1/2	cup	unsalted butter	1/4 teaspoon	fine sea salt
3/4	cup	granulated sugar	1/2 cup	cold unsalted butter, cut into 1/4 inch cubes
		zest of 1 orange		
2		eggs	1	tablespoon pure vanilla extract
1	tablespoon	pure vanilla extract		

- 1 To make buckle: Preheat the oven to 350°F. Butter a 9 inch square baking pan.
- 2 Sift the flour, baking powder, and salt together in a bowl. Using a handheld mixer with beaters or a stand mixer with the paddle attachment, cream the butter, sugar, and orange zest together on medium-high speed for 3-5 minutes, until light and fluffy. Add the eggs one at a time, scraping down the sides of the bowl after each addition, then stir in the vanilla. Stir in the flour mixture in three additions alternating with the sour cream in two additions, beginning and ending with the flour mixture and scraping down the sides of the bowl occasionally. Fold in 1 cup of the cranberries.
- 3 Spread the mixture into the prepared pan. Distribute the remaining 1 cup cranberries over the cake and sprinkle the crumb topping over the cranberries.
- 4 Bake for 45 to 50 minutes, or until lightly golden and firm on top.
- 5 Storage: Wrapped in plastic wrap, this cake will keep at room temperature for 2 to 3 days.
- 6 To make vanilla crumb: Combine the flour, sugars, salt, and butter in the bowl of a food processor or a stand mixer with the paddle attachment. If using a food processor, pulse until the mixture is the texture of coarse crumbs. With a stand mixer, combine on low speed, also until the texture of coarse crumbs. Drizzle the vanilla over the mixture and either pulse or mix briefly to distribute the vanilla.
- 7 Storage: Use this topping immediately, or store it in a plastic bag in the freezer for up to 3 months.

Servings: 12

Cooking Times

Cooking Time: 50 minutes

Source

Source: Rustic Fruit Desserts

Blueberry Buckle

Ingredients			
1/4 cup	butter, softened	1/2 cup	milk
3/4 cup	sugar	2 cups	fresh blueberries
1	egg	Topping	
2 cups	all-purpose flour	2/3 cup	sugar
2 teaspoons	baking powder	1/2 cup	all-purpose flour
1/4 teaspoon	salt	1/2 teaspoon	ground cinnamon
		1/3 cup	cold butter, cubed

- 1 In a small bowl, cream butter and sugar until light and fluffy. Beat in egg. Combine the flour, baking powder and salt; add to creamed mixture alternately with milk, beating well after each addition. Fold in blueberries. Pour into greased 9-in. square baking pan.
- 2 For topping, in a small bowl, combine the sugar, flour and cinnamon; cut in butter until crumbly. Sprinkle over blueberry mixture.
- 3 Bake at 375° for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Yield: 4-6 servings.

Servings: 6

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 581 calories, 20g total fat, 86mg cholesterol, 434mg sodium, 95g carbohydrates, 3g fiber, 8g protein.

Source

Web Page: <http://www.tasteofhome.com>

Easy Fresh Fruit Clafouti

Dark sweet cherries are the traditional fruit used to make this rustic French tart, but if you're not up to pitting a bag of cherries, feel free to use about 3 cups berries, or bite-sized pieces of the fruit of our choice: peaches or nectarines are particularly nice at this time of year.

3 cups	pitted fruit	1 teaspoon	vanilla extract
3 large	eggs	1/4 teaspoon	almond extract
3/4 cup	milk or cream	1/2 cup	granulated sugar
1/4 teaspoon	salt	3/4 cup	unbleached all-purpose flour or 100% Organic White Whole Wheat Flour
2 tablespoons	butter, melted		

- 1 Preheat the oven to 350°F. Lightly grease a 9x2 inch round cake pan, or a 9-inch pie pan at least 1 1/2 inches deep. Place the fruit in the pan.
- 2 In a medium bowl, whisk together the eggs, milk, salt, melted butter, vanilla, almond extract, and sugar. Whisk in the flour, stirring till most of the lumps are gone. Pour the batter over the fruit.
- 3 Bake the clafouti for 45 minutes, until a cake tester inserted into the center comes out clean. Remove it from the oven, and serve it in wedges, warm or at room temperature. A dab of whipped cream is entirely

appropriate. Yield: 8 servings.

Servings: 8

Source

Web Page: <http://www.kingarthurflour.com>

Strawberry-Rhubarb Clafouti

1	quart	Fruit (1 pound) ripe strawberries, washed and stemmed	1/3 cup 1/4 teaspoon	sugar salt
1	cup	rhubarb (about two 10-inch stalks), washed and diced)	3 3/4 cup	eggs unbleached all-purpose flour
4	tablespoons	butter	3/4 cup	light cream
1/3	cup	sugar	1	teaspoon vanilla
		Batter		

- 1 Preheat your oven to 350°F. Grease a 9 or 10 inch deep-dish (at least 1 inch deep, preferably deeper) pie pan, casserole dish or cake pan.
- 2 Fruit: Hull and halve the strawberries. Melt the butter in a large sauté pan over medium heat. Add the rhubarb, and then place the strawberries on top. Let the fruit cook for about 5 minutes, giving the pan a gentle shake occasionally to be sure it's not sticking. The idea is to reduce the juices without turning the berries to total mush. Sprinkle the 1/3 cup sugar over the berries, stir, and bring the mixture to a boil. Continue boiling gently for 4 to 5 minutes, until the mixture thickens slightly. Remove the pan from the heat and set the fruit aside while making the batter.
- 3 Batter: Place the sugar, salt and eggs in a medium-sized bowl. Whisk the mixture until it's light, then add the flour and whisk till combined. Stir in the cream and vanilla, and pour the batter into the pan.
- 4 Assembly and Baking: Spoon the berries and juice over the batter. Don't worry, they're supposed to sink in; a thin layer of batter will remain on the bottom. Place the clafouti into the oven and bake it for 45-50 minutes until the cake is puffy and browned on top. Dust with glazing or confectioner's sugar and serve warm, with whipped cream or ice cream. Yield: 8 servings.

Source

Web Page: <http://www.kingarthurflour.com>

Cherry Clafouti

3 to 3 1/2	cups	Bing Cherries, pitted	1/4	teaspoon	almond extract, optional
3	large	eggs, at room temperature	3/4	teaspoon	salt
1	cup	lukewarm milk	1/2	cup	sugar
2	tablespoons	melted butter	3/4	cup	unbleached all-purpose flour
1	teaspoon	vanilla extract	1/4	cup	toasted sliced almonds, to garnish the top, optional

- 1 Preheat the oven to 450°F. Lightly grease a 9" round cake pan that's at least 2" deep. If your 9" round pan isn't at least 2" deep, use an 8" square pan (at least 2" deep).
- 2 Pit the cherries, and put them into the pan; they should form a single layer that pretty much covers the bottom of the pan.
- 3 In a blender or food processor, blend the remaining ingredients till smooth and frothy. If you're using a mixer, beat the liquid ingredients, then add the sugar and flour, quickly whisking to combine.
- 4 Pour the batter over the cherries in the pan.
- 5 Bake the clafouti on a lower-middle rack of your oven for 20 minutes.
- 6 Reduce the oven heat to 350°F, and bake for an additional 20 minutes, or until the top is lightly browned and a cake tester inserted into the center comes out mostly clean.

- 7 Remove from the oven, and wait 10 minutes before cutting and serving.
- 8 Garnish with toasted almonds, if desired.

Servings: 8

Cooking Times

Cooking Time: 40 minutes
 Total Time: 1 hour and 10 minutes

Source

Web Page: <http://www.kingarthurfour.com>

Basic Fruit Cobbler

1	cup	unbleached all-purpose flour	2	tablespoons	butter, softened
1	teaspoon	baking powder	2	tablespoons	milk
1/2	teaspoon	salt	1/2	cup	sherry, brandy or bourbon*
2	large	eggs	3-4	cups	fresh fruit (large fruits sliced; berries left whole)
1 1/2	cups	sugar			Whipped cream or ice cream

- 1 Preheat the oven to 375°F. Grease a 9x9 inch square pan (or similar-size casserole dish) or an 11-inch round quiche dish.
- 2 Mix the flour, baking powder, and salt and set aside. Beat together the eggs and 1 cup of the sugar. Add butter and milk. Add the flour mixture, stirring just to combine. Pour the batter into the greased pan.
- 3 In a medium-sized saucepan, simmer together the sherry and the remaining 1/2 cup of sugar for 3-4 minutes. Add the fruit and stir to coat with the syrup. Pour this hot fruit mixture over the batter in the pan.
- 4 Bake for 30 minutes. Serve warm with whipped cream or ice cream.
- 5 *If you prefer not to use any liquor, increase the milk in the recipe to 1/4 cup and use a mixture of 1 tablespoon lemon juice, 1 teaspoon vanilla extract, 1/2 teaspoon almond extract, and 1/4 cup of water in place of the liquor.

Nutrition Facts

Nutrition (per serving): 273 calories, 4g total fat, 55mg cholesterol, 196mg sodium, 130mg potassium, 18g carbohydrates, 1g fiber, 32g sugar, 4g protein.

Source

Source: King Arthur Flour-All Purpose Baking

Bumbleberry Cobbler

2	pounds	(about 8 cups) fresh or frozen berries, a mixture of blackberries, blueberries, and raspberries	1	tablespoon	baking powder
			1/4	teaspoon	salt
1	tablespoon	cornstarch	4	tablespoons	butter
1	cup	granulated or brown sugar	3/4	cup	buttermilk
1 1/2	cups	unbleached all-purpose flour	1	large	egg
1	cup	unbleached pastry flour*			
1	tablespoon	sugar			

- 1 Preheat the oven to 350°F. Grease a 9-inch round cake pan, preferably one with 3-inch sides. Or use a 9x9 inch pan or 1-quart casserole, or something that's approximately the same size. The cobbler will bubble up and spill over if you try to bake it in something smaller or less deep.

- 2 Place the berries in the greased pan or casserole. Mix the cornstarch into the sugar and sprinkle over the fruit. While the sugar begins to draw the juice out of the fruit, make the dough.
- 3 Put the flours in a mixing bowl and blend in the remaining dry ingredients. With your fingertips, mix in the butter until the blend looks like coarse cornmeal. In a smaller bowl, beat together the buttermilk and egg. Make a well in the dry ingredients and pour in the buttermilk-egg mixture. Quickly mix these together with a spoon, taking about 20 seconds. The dough will be quite wet and sticky, but you can keep it under control if you keep everything that comes in contact with it well-floured.
- 4 Turn the dough out onto a well-floured surface and knead or fold over gently until it's reasonably cohesive. A bowl scraper or bench knife, also well-floured, will facilitate this. When you've shaped the dough into a nice ball, gently roll it out until you have a circle that will roughly cover the berries. It can be a bit smaller in diameter than the pan because it will expand as it bakes. Place over the fruit and bake for about 45 minutes.
- 5 The cobbler is done when the top is lightly browned and the fruit is soft and bubbling. Remove it from the oven and let it sit for a few minutes. You can leave it as is and serve it "right-side-up" with lightly sweetened whipped cream, or you can take a serving dish, upend it over the cobbler, and flip it over quickly so the crust will be on the bottom. There will be a lot of quite hot juice in the bottom of the pan so this must be done very fast, with great care, and preferably over a sink. Serve warm with whipped cream or ice cream.
- 6 *Or substitute 2 1/3 cups unbleached all-purpose flour for the all-purpose and pastry flour.

Servings: 10

Nutrition Facts

Nutrition (per serving): 315 calories, 6g total fat, 35mg cholesterol, 238mg sodium, 238mg potassium, 42g carbohydrates, 7g fiber, 20g sugar, 5g protein.

Source

Source: King Arthur Flour-All Purpose Baking

Peach-Blueberry Cobbler

		Biscuit			Filling
2	cups	white whole wheat flour	3	cups	fresh or frozen sliced peaches
2 1/2	teaspoon	baking powder	2	cups	fresh or frozen blueberries
1/2	teaspoon	salt	1/2	cup	packed light or dark brown sugar
1/2	teaspoon	ground nutmeg	2	tablespoons	cornstarch
1/2	cup	unsalted butter, chilled	1/2	teaspoon	ground nutmeg
2	tablespoons	packed light or dark brown sugar			pinch of salt
1	large	egg, lightly beaten	1	tablespoon	lemon juice
2/3	cup	milk			sparkling sugar for top (optional)

- 1 Preheat the oven to 350°F. Lightly butter a 9-inch-square baking pan.
- 2 To make the biscuit topping: Combine the flour, baking powder, salt and nutmeg in a mixing bowl or your food processor.
- 3 Cut the cold butter into pats, and then cut them into the flour using your fingers, a pastry blender or the metal blade of your food processor, until the largest pieces of butter are the size of peas. Mix in the brown sugar quickly.
- 4 Beat the egg with the milk and add to the flour mixture all at once. Mix gently, just until combined; the dough will be a bit wet and sticky. Let it rest while you make the filling.
- 5 To make the fruit filling: Combine the peaches and blueberries in a large bowl. In a small bowl, mix the brown sugar with the cornstarch, nutmeg and salt. Add the sugar mixture to the fruit and stir gently to combine. Turn the fruit into the buttered baking pan and sprinkle with the lemon juice. Set aside while you finish the biscuits.
- 6 Generously dust your work surface with flour and turn the dough out onto it. Flour your hands and pat the dough into a circle about 3/4 to 1 inch thick. During this process, re-flour your hands liberally whenever the dough starts to stick to them.
- 7 Using a well-floured biscuit cutter, cut the biscuits and "cobble" them together over the peaches and blueberries.
- 8 Try to cover the entire surface of the fruit. Sprinkle the top with sparkling sugar, if you like.

- 9 Place the pan in the oven. Bake the cobbler until the topping is browned and the fruit is bubbling and thickened, 40 to 45 minutes. Remove from the oven and cool for 10 minutes before serving. Serve warm with whipped cream or ice cream.

Nutrition Facts

Nutrition (per serving): 222 calories, 9g total fat, 39mg cholesterol, 183mg sodium, 239mg potassium, 24g carbohydrates, 4g fiber, 11g sugar, 4g protein.

Source

Source: King Arthur Flour Whole Grain Baking

Yogurt-Cranberry Coffeecake

	Streusel		1/2 cup	butter
5	tablespoons	butter	1	cup
1/2	cup	brown sugar, firmly packed	2	large
		big pinch of salt	1	cup
2	teaspoons	ground cinnamon	1/4	teaspoon
2	teaspoons	vanilla extract	1	teaspoon
1	cup	plus 2 tablespoons unbleached all-purpose flour or 100% organic white whole wheat flour	1	teaspoon
		Filling	1	teaspoon
1	cup	whole-berry cranberry sauce	1/2	teaspoon
		Batter	2	cups
				unbleached all-purpose flour or 100% organic white whole wheat flour

- 1 Preheat the oven to 350°F. Lightly grease a 9x13 inch pan.
- 2 To make the streusel: In a large bowl, cream together the butter, sugar, salt, cinnamon, and vanilla. Add the flour, beating until even crumbs form. Scoop the mixture into a smaller bowl, and set it aside.
- 3 To make the batter: In the same bowl in which you've just made the streusel (you can use a different bowl if you want, but this saves on washing dishes), cream together the butter and brown sugar, beating until smooth. Beat in the eggs, scraping the bowl and again beating until smooth. Beat in the yogurt, extracts, baking powder, baking soda, salt, and flour. The mixture will be fairly stiff. Scoop the batter into the prepared pan. Dollop the cranberry sauce on top breaking it up with fork first if necessary. Sprinkle the streusel over all.
- 4 To bake the coffeecake: Bake coffeecake for 40 minutes, or until a cake tester inserted into the center comes out clean. Remove it from oven, and cool for 30 minutes before serving (or serve it hot from the oven, if you don't mind it crumbling a bit!) Yield: 2 dozen 2 inch squares.

Source

Web Page: <http://www.kingarthurfour.com>

Blackberry Coffee Cake

	Blackberry Filling		1 1/4	cups	granulated sugar
1 1/4	cups	frozen (thawed and well drained) blackberries	1	cup	butter or margarine, softened
1/2	cup	finely chopped pecans	1	teaspoon	vanilla
3	tablespoons	granulated sugar	2		eggs
1 1/2	teaspoons	ground cinnamon	1	container	(8 ounces) sour cream
		Coffee Cake			Powdered Sugar Glaze
2 1/4	cups	all-purpose flour	1 1/2	cups	powdered sugar
1	teaspoon	baking powder	3-4	teaspoons	water

1/2 teaspoon baking soda

- 1 Heat oven to 350°F. Grease bottom and side of 10-inch angel food (tube) cake pan with shortening; lightly flour.
- 2 In small bowl, mix all Blackberry Filling ingredients; set aside.
- 3 In medium bowl, mix flour, baking powder and baking soda; set aside. In large bowl, beat granulated sugar, butter, vanilla and eggs with electric mixer on medium speed 2 minutes, scraping bowl occasionally. Beat in flour mixture alternately with sour cream on low speed.
- 4 Spread one-third of the batter in pan; sprinkle with half of the filling. Spoon another one-third of the batter by tablespoonfuls over filling; sprinkle with remaining filling. Spoon remaining batter over filling; spread evenly.
- 5 Bake coffee cake 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to wire rack. Cool completely, about 1 hour 30 minutes.
- 6 Meanwhile, in small bowl, stir all Powdered Sugar Glaze ingredients until smooth and thin enough to drizzle. Drizzle over cooled coffee cake.

Servings: 16

Cooking Times

Preparation Time: 25 minutes
Total Time: 3 hours and 10 minutes

Nutrition Facts

Nutrition (per serving): 305 calories, 17g total fat, 65mg cholesterol, 160mg sodium, 35g carbohydrates, 1g fiber, 3g protein.

Source

Web Page: <http://www.bettycrocker.com>

Streusel Blueberry Coffee Cake

	Cake	1/4 teaspoon	ground nutmeg
2 cups	all-purpose flour	1 cup	fresh or frozen blueberries
3/4 cup	sugar		Topping
1/2 cup	fat free half & half	1/2 cup	sugar
1/4 cup	butter, softened	1/3 cup	all-purpose flour
1	egg	1/2 teaspoon	ground cinnamon
2 teaspoons	baking powder	1/2 teaspoon	ground nutmeg
1/2 teaspoon	salt	1/4 cup	cold butter, cut into chunks

- 1 Heat oven to 375°F. Combine all cake ingredients except blueberries in large bowl. Beat at low speed, scraping bowl often, until well mixed. Gently stir in blueberries. Spread batter into greased and floured 8-inch square baking pan.
- 2 Stir together all streusel ingredients except butter in small bowl; cut in butter until mixture resembles coarse crumbs. Sprinkle mixture over batter. Bake for 40 to 45 minutes or until toothpick inserted in center comes out clean.

Servings: 9

Cooking Times

Preparation Time: 20 minutes
Total Time: 1 hour

Nutrition Facts

Nutrition (per serving): 330 calories, 11g total fat, 50mg cholesterol, 330mg sodium, 54g carbohydrates, 1g fiber,

4g protein.

Source

Web Page: <http://www.landolakes.com>

Rhubarb, Oat, and Pecan Crumble

1	tablespoon	unsalted butter, at room temperature	1/4	cup	unsalted butter, melted
Crumble			Rhubarb Filling		
3/4	cup	all-purpose flour	1	cup	granulated sugar
1/2	cup	rolled oats	2	tablespoons	cornstarch
1/2	cup	packed brown sugar	3 1/2	pounds	rhubarb, trimmed and chopped into 1-inch pieces (about 10 1/2 cups or 2 pounds, 6 ounces prepped)
1/2	cup	chopped pecans			
1/2	teaspoon	fine sea salt	1	tablespoon	pure vanilla extract

- 1 Preheat the oven to 375°F. Butter a 3-quart baking dish.
- 2 To make the crumble, mix the flour, oats, brown sugar, pecans, and salt together in a bowl. Stir in the butter, then press the mixture together with your hands to form a few small clumps. Put the topping in the freezer while you assemble the filling.
- 3 To make the rhubarb filling, rub the granulated sugar and cornstarch together in a bowl, then add the rhubarb and vanilla and toss until evenly coated.
- 4 Transfer the rhubarb mixture into the prepared pan and scatter the crumble topping over the top. Bake for about 45 minutes, or until the topping is golden and the filling bubbles up through the topping. Cool for 20 minutes before serving.
- 5 Storage: This crisp is best served the day it is made, but any leftovers can be wrapped in plastic wrap and eaten for breakfast the next morning or kept at room temperature for 2 to 3 days.

Servings: 12

Cooking Times

Cooking Time: 50 minutes

Source

Source: Rustic Fruit Desserts

Apple Cranberry Oat Crumble

1	tablespoon	unsalted butter, at room temperature, for dish	8	large	Fruit Filling apples, peeled, cored, and sliced 1/4 inch thick (3 1/2 pounds prepped)
2	cups	rolled oats			
1 1/2	cups	all-purpose flour	2	cups	cranberries, fresh or frozen
1 1/3	cups	packed brown sugar	1 1/3	cups	granulated sugar
1/2	teaspoon	fine sea salt	2	tablespoons	cornstarch
3/4	cup	unsalted butter, melted	2	teaspoons	ground cinnamon

- 1 Preheat the oven to 375°F. Butter a 3-quart baking dish.
- 2 To make the topping, mix the oats, flour, brown sugar, and salt together in a bowl. Stir in the butter then press the topping together with your hands to form small clumps. Put the topping in the freezer while you assemble the filling.
- 3 To make the fruit filling, toss the apples, cranberries, sugar, cornstarch, and cinnamon together in a large bowl. Transfer the filling to the prepared pan and spread it out, pressing the fruit down into the corners.

- 4 Press the oat crumble evenly over the fruit, then bake for 60-70 minutes, or until the crumble is lightly golden and the filling is bubbling up in the corners. Cool for 20 minutes or so to temper the heat before serving, then top with a scoop of Vanilla Bean Ice Cream or a small dollop of Chantilly cream.
- 5 Storage: This crumble is best if served the day it is made, but any leftovers can be wrapped in plastic wrap and kept at room temperature for 2 to 3 days. Reheat in a 300°F oven for 10 to 15 minutes, until warm.

Servings: 12

Cooking Times

Cooking Time: 1 hour and 10 minutes

Source

Source: Rustic Fruit Desserts

Apple Crisp

4	medium	tart cooking apples, sliced (4 cups)	1/3	cup	butter or margarine, softened
3/4	cup	packed brown sugar	3/4	teaspoon	ground cinnamon
1/2	cup	all-purpose flour	3/4	teaspoon	ground nutmeg
1/2	cup	quick-cooking or old fashioned oats			Cream or Ice Cream, if desired

- 1 Heat oven to 375°F. Grease bottom and sides of 8-inch square pan with shortening.
- 2 Spread apples in pan. In medium bowl, stir remaining ingredients except cream until well mixed; sprinkle over apples.
- 3 Bake about 30 minutes or until topping is golden brown and apples are tender when pierced with a fork. Serve warm with cream.
- 4 Makes 6 servings.

Servings: 6

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Total Time: 50 minutes

Nutrition Facts

Nutrition (per serving): 320 calories, 11g total fat, 25mg cholesterol, 80mg sodium, 52g carbohydrates, 3g fiber.

Source

Web Page: <http://www.bettycrocker.com>

Rhubarb Strawberry Crunch

1	cup	white sugar	1 1/2	cups	all-purpose flour
3	tablespoons	all-purpose flour	1	cup	packed brown sugar
3	cups	sliced fresh strawberries	1	cup	butter
3	cups	diced rhubarb	1	cup	rolled oats

- 1 Preheat oven to 375 degrees F.
- 2 In a large bowl, mix white sugar, 3 tablespoons flour, strawberries, and rhubarb. Place the mixture in a 9x13 inch baking dish.
- 3 Mix 1 1/2 cups flour, brown sugar, butter, and oats until crumbly. You may want to use a pastry blender for

this. Crumble on top of the rhubarb and strawberry mixture.

- 4 Bake 45 minutes in the preheated oven, or until crisp and lightly browned.

Servings: 18

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Total Time: 1 hour

Nutrition Facts

Nutrition (per serving): 253 calories, 10.8g total fat, 27mg cholesterol, 78mg sodium, 38.1g carbohydrates, 1.7g fiber, 2.3g protein.

Source

Web Page: <http://allrecipes.com>

Cinnamon-Apple Crostata

- | | | | | | |
|-----|-----------|--|---|-------------|---|
| 1 | box | refrigerated pie crusts, softened as directed on box | 4 | cups | thinly sliced, peeled apples (4 medium) |
| | | | 1 | teaspoon | sugar |
| 1/2 | cup | sugar | 2 | tablespoons | chopped pecans or walnuts |
| 4 | teaspoons | cornstarch | | | |
| 2 | teaspoons | ground cinnamon | | | |

- 1 Heat oven to 450°F. Remove pie crust from pouch; place flat on ungreased cookie sheet.
- 2 Mix 1/2 cup sugar, the cornstarch and cinnamon in medium bowl. Add apples; toss gently. Spoon apple mixture onto center of crust, spreading to within 2 inches of edge. Fold edge of crust over apples, ruffling decoratively. Brush edge of crust with water. Sprinkle with 1 teaspoon sugar.
- 3 Bake 15 minutes or until crust is golden brown. Sprinkle pecans over apple mixture. Bake 5 to 15 minutes longer or until apples are tender.
- 4 Makes 8 servings.

Servings: 8

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Total Time: 50 minutes

Nutrition Facts

Nutrition (per serving): 210 calories, 8g total fat, 145mg sodium, 33g carbohydrates, 2g fiber, 2g protein.

Source

Web Page: <http://www.bettycrocker.com>

Summer Fruit Crostata

	Ingredients		
	For the pastry (makes 2 crostatas)	1/2 pound	firm ripe black plums, unpeeled
		1/2 pint	fresh blueberries
2 cups	all-purpose flour	1 tablespoon	plus 1/4 cup all-purpose flour, divided
1/4 cup	granulated or superfine sugar		
1/2 teaspoon	kosher salt	1 tablespoon	plus 1/4 cup granulated sugar, divided
1/2 pound	(2 sticks) cold unsalted butter, diced	1/4 teaspoon	grated orange zest
6 tablespoons	ice water	2 tablespoons	freshly squeezed orange juice
	Filling (makes 1 crostata)	1/4 teaspoon	kosher salt
1 pound	firm ripe peaches, peeled	4 tablespoons	cold unsalted butter, diced

- 1 For the pastry: Place the flour, sugar, and salt in the bowl of a food processor fitted with a steel blade. Pulse a few times to combine. Add the butter and toss quickly (and carefully!) with your fingers to coat each cube of butter with the flour. Pulse 12 to 15 times, or until the butter is the size of peas. With the motor running, add the ice water all at once through the feed tube. Keep hitting the pulse button to combine, but stop the machine just before the dough comes together. Turn the dough out onto a well-floured board, roll it into a ball, cut in half, and form into 2 flat disks. Wrap the disks in plastic and refrigerate for at least 1 hour. If you only need 1 disk of dough the other disk of dough can be frozen.
- 2 Preheat the oven to 450°F. Line a baking sheet with parchment paper.
- 3 Roll the pastry into an 11 inch circle on a lightly floured surface. Transfer it to the baking sheet.
- 4 For the filling: Cut the peaches and plums in wedges and place them in a bowl with the blueberries. Toss them with 1 tablespoon of the flour, 1 tablespoon of the sugar, the orange zest, and the orange juice. Place the mixed fruit on the dough circle, leaving a 1 1/2 inch border.
- 5 Combine the 1/4 cup flour, the 1/4 cup sugar, and the salt in the bowl of a food processor fitted with a steel blade. Add the butter and pulse until the mixture is crumbly. Pour into a bowl and rub it with your fingers until it starts to hold together. Sprinkle evenly over the fruit. Gently fold the border of the pastry over the fruit, pleating it to make an edge.
- 6 Bake the crostata for 20 to 25 minutes, until the crust is golden and the fruit is tender. Let the crostata cool for 5 minutes, use 2 large spatulas to transfer it to a wire rack. Serve warm or at room temperature.

Servings: 6

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Total Time: 1 hour and 5 minutes

Source

Web Page: <http://www.foodnetwork.com>

Apple Dumplings

This recipe is made with large, tart, crisp baking apples, such as Granny Smith, Rome, or Empire. Other eating apple varieties won't stand up to the baking time before turning into applesauce.

	Pastry Style Dumpling Dough	3/4 to 1 cup	milk
2 cups	unbleached all-purpose flour		Syrup
2 teaspoons	baking powder	1 1/2 cups	sugar
1/2 teaspoon	salt	1 1/2 cups	water
2/3 cup	vegetable shortening	1/2 teaspoon	cinnamon
1/2 cup	(4 ounces) milk	1/4 teaspoon	nutmeg
	Biscuit Style Dumpling Dough	1 tablespoon	lemon juice

3	cups	unbleached all-purpose flour	8	tablespoons	butter
4	teaspoons	baking powder			Apples
3/4	teaspoon	salt	4	medium	tart, crisp baking apples, peeled and cored, sliced in half across the equator
1/4	cup	confectioners' or glazing sugar			sugar mixed with 3/4 teaspoon cinnamon
8	tablespoons	cold butter	1/2	cup	raisins or other dried fruit (optional)

- 1 Pastry style dumpling dough: In a medium size bowl, whisk together the flour, baking powder, and salt. Using a pastry blender or pastry fork, your fingers, or a mixer, blend in the shortening until the mixture is crumbly, then stir in the milk until a soft dough forms. Divide the dough in half, wrap each half in plastic, and refrigerate it while you're preparing the syrup and apples.
- 2 Biscuit-style Dumpling Dough: In a medium-sized bowl, whisk together the flour, baking powder, salt, and sugar. Cut in the butter until the mixture is crumbly, using your fingers, a pastry fork or blender, or a mixer, leaving some pea-sized pieces. Sprinkle in the milk (starting with the lesser amount) and stir just until the dough comes together. Divide the dough in half, wrap each half in plastic, and refrigerate while preparing the syrup and apples.
- 3 For the syrup: Combine the sugar, water, spices, lemon juice, and butter in a small saucepan or in a microwave-safe cup. Heat to boiling, remove from the heat, and set aside, stirring occasionally to melt the butter.
- 4 To assemble the dumplings: Preheat the oven to 375°F. Lightly grease a 13x9x2 inch pan.
- 5 Take half the dough from the refrigerator (keep the other half chilled until you are ready to roll it; it will be less likely to stick if kept cold). On a floured surface, roll it from its center outward until it's 1/8 inch thick, about a 16-inch square. Cut the dough into four squares. Repeat with the remaining half of dough. Place half an apple in the center of each piece of dough. Sprinkle apples with cinnamon-sugar and fill the centers with raisins or dried fruit. Paint the edges of the dough with a little water and wrap the dough around each apple half. A baker's bench knife or thin spatula is helpful with this, to scoop up the dough and gently bring it up and around. Tuck the edges of the dough down in to the center of the apple.
- 6 Place the apples in the pan and pour the prepared syrup over all. Sprinkle the tops with additional sugar, if you like. Bake the dumplings for 45 to 50 minutes, until they're golden brown. Remove them from the oven and let them sit for 5 to 10 minutes, to allow the dough to set up, then use a spoon and a spatula to transfer each dumpling to a plate or shallow bowl. Serve warm with whipped cream or ice cream.

Source

Source: King Arthur Flour - All Purpose Baking Cookbook

Cinnamon Apple Dumplings

		Ingredients			half-and-half cream
1	cup	all-purpose flour			Sauce
1/4	teaspoon	salt	1/3	cup	sugar
1/3	cup	shortening	2	tablespoons	red-hot candies or 1/4 teaspoon ground cinnamon
3	tablespoons	ice water			cornstarch
2	medium	baking apples	1/2	teaspoon	water
3	tablespoons	sugar	2/3	cup	butter
1/2	teaspoon	ground cinnamon	1	tablespoon	half-and-half cream

- 1 In a bowl, combine flour and salt. Cut in shortening until mixture resembles coarse crumbs. With a fork, stir in water until dough forms a ball. Roll out on a floured surface to a 14 in x 7 in rectangle; cut pastry in half.
- 2 Peel and core apples; place one on each square of pastry. Combine sugar and cinnamon; spoon into apples. Moisten edges of pastry and gather around apples; pinch and seal. Place dumplings in an ungreased 9 in x 5 in loaf pan or a shallow 1 1/2 quart baking dish. Brush with cream.

- 3 In a small saucepan, combine the sugar, red-hots, cornstarch, water and butter. Bring to a boil over medium-low heat, stirring frequently; boil for 2 minutes. Pour between dumplings.
- 4 Bake at 400° for 35-45 minutes or until pastry is golden brown and apples are tender. Serve warm with cream if desired. Yield: 2 servings.

Servings: 2

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 35 minutes

Source

Web Page: <http://www.tasteofhome.com>

Rhubarb Fool

1 1/2	pounds	rhubarb, trimmed and sliced 1/2 inch thick (about 4 cups or 1 pound prepped)	3/4	cup	heavy cream
			1	tablespoon	granulated sugar
					Candied Rhubarb Strips
1/2	cup	honey	1	stalk	rhubarb Layer
		zest of juice of 1 orange	1/2	cup	granulated sugar
2	tablespoons	finely chopped candied ginger	1/2	cup	water
1/2		vanilla bean, split			
	pinch	fine sea salt			

- 1 To make the fool, put the rhubarb, honey, orange zest and juice, candied ginger, vanilla bean, and salt in a saucepan over medium heat. Stir to combine, then cover and cook, stirring every few minutes, for 10 minutes, until the mixture has come to a boil and the rhubarb has softened. Remove from the heat and allow to cool, remove the vanilla bean. Transfer the compote to a bowl, and refrigerate, uncovered, for at least 30 minutes, until very cold.
- 2 Whip the cream and sugar until soft peaks form, either by hand or using an electric mixer on medium speed. Set aside 1/3 cup of the compote to garnish the dessert, then fold the remaining compote into the whipped cream. Spoon the fool into six 1/2 cup glasses or dishes and chill for 1 hour before serving topped with the remaining compote.
- 3 Storage: This fool is best served the day it is made, but any leftovers can be covered with plastic wrap and stored in the refrigerator for up to 2 days.
- 4 If you would like to garnish the dessert with candied rhubarb strips, make them first: Preheat the oven to 200°F. Line a baking sheet with a Silpat mat or lightly grease parchment paper.

Servings: 6

Source

Source: Rustic Fruit Desserts

Sunny's Strawberry Fool

	Ingredients			
2	pints	strawberries, hulled and sliced	2	cups
2	tablespoons	orange juice	1	tablespoon
1/2	cup	sugar	1	teaspoon
	Whipped cream		1/2	teaspoon
			8	
				heavy cream, have very cold or in ice bath
				honey
				sugar
				vanilla extract
				cinnamon graham crackers, broken into planks

- 1 In a bowl, toss together the strawberries, orange juice, and sugar. Let rest at room temperature for 30 minutes, tossing a few times while it rests.
- 2 To make the whipped cream: in a large bowl, whisk the heavy cream until soft peaks form. Add the honey, sugar, and vanilla. Continue to whisk until medium stiff peaks form.
- 3 Remove the strawberries from the bowl with a slotted spoon and add to the whipped cream. With a rubber spatula, gently fold the strawberries into the whipped cream. Pour into a serving glass or dish and serve with graham crackers, either crumbled over the top or use them as a scoop.

Servings: 6

Cooking Times

Preparation Time: 10 minutes

Source

Web Page: <http://www.foodnetwork.com>

Peach Galette

	Ingredients	3 Tbsp	sugar
1 1/4 cups	flour	1 Tbsp	flour
1 1/2 teaspoons	sugar	1/2 teaspoon	vanilla extract
1/2 teaspoon	salt	1 Tbsp	almond paste (optional)
4 oz.	(1/2 cup, 1 stick, 8 Tbsp) butter, cut into small (1/2 inch) cubes, chilled in freezer at least 15 minutes, preferably an hour.	1 teaspoon	butter
		1	egg
			A sprinkling of coarse sugar (optional)
4 to 6 Tbsp	ice water	8 servings	
	Filling		
2 large	not-overly-ripe yellow peaches (about 3/4 pound total), pitted, sliced into 1/4 inch to 1/2 inch slices		

- 1 Make the crust dough. In a food processor, pulse the flour, sugar, and salt, until well mixed. Add the cubed butter, and pulse 8 times. The butter should still be the size of peas in the mixture. Slowly add the ice water, a tablespoon or two at a time, pulsing after each addition, until the dough just begins to clump. Turn out onto a clean surface. Use your clean hands to form into a disc. Do not over-knead. Work the dough only enough to bring it barely together into a disk. Sprinkle with a little flour on all sides, wrap with plastic, and place into the refrigerator to chill for an hour.
- 2 Preheat the oven with the rack in the middle position to 425°F. Place the peach slices in a bowl and sprinkle with the flour and sugar. Toss gently to coat. Sprinkle vanilla extract over the peaches.
- 3 In a small bowl, whisk the egg until smooth and set aside.
- 4 On a lightly floured, clean, smooth surface, roll out the dough to about a 12-inch diameter. Gently lift up the rolled out dough and place it on a rimmed baking sheet.
- 5 If you are using almond paste (not necessary, but a nice addition if you have it), dot the middle 6-inch circle of the dough with the almond paste. (If you can spread it, great. Otherwise, just dot with little bits.) Arrange the peach slices in an overlapping pattern in a single layer in the center of the dough, forming about a 7 or 8 inch circle. Dot with a little butter.
- 6 Fold the outer edges of the dough round over the filling, by about 2-inches all the way around, in an accordion fashion. Use a pastry brush to coat the exposed dough with an egg wash (you can cook up the leftover egg as a little scrambled egg, by the way), and sprinkle with coarse sugar if using.
- 7 Place in the oven and cook for about 15-20 minutes, until nicely browned. Remove from the oven and let cool on the baking sheet, over a rack, about 15 minutes.

Source

Web Page: <http://simplyrecipes.com>

Apple-Cranberry Galette

1	(9 inch) refrigerated pie crust	2	tablespoons	fresh lemon juice
2	apples, peeled, cored, and thinly sliced	1	tablespoon	sugar
1/3	cup	dried cranberries	4 -6	servings

- 1 Preheat oven to 375 degrees F.
- 2 Roll the pie crust out into a 12-inch circle. Place the crust on a large baking sheet. Top the crust with apple slices and cranberries. Drizzle lemon juice over top. Sprinkle sugar over top. Pull up the sides of the crust slightly and roll over covering the filling by about 1 inch.
- 3 Bake 20 minutes, or until the crust is golden brown and the apples are tender.

Cooking Times

Preparation Time: 10 minutes

Source

Web Page: <http://www.foodnetwork.com>

Pear-Cherry Slump

Slumps and grunts are a little like submerged cobblers. They can be made on the stovetop if you happen to have one of those big cast-iron pots. You'd bring the fruit to a simmer, then drop the dough into the hot fruit, cover the pot and steam until the dough is done. This version is baked, but has a syrup to pour over the dough to help create a steamed effect.

1	cup	Dumplings	4-5	cups	Filling
1/4	cup	whole barley flour			peeled, cored and sliced pears
1	teaspoon	unbleached all-purpose flour			(about 4 large pears, 2 pounds
1/2	teaspoon	baking powder			before peeling)
1/4	teaspoon	cinnamon	1/2	cup	dried cherries
1/4	teaspoon	salt	1/4	cup	sugar
3	tablespoons	unsalted butter	1/4	cup	orange juice
2	tablespoons	packed light or dark brown sugar			pinch of ground cloves
		grated zest of 1 orange			Syrup
1	large	egg	1/2	cup	water
1/2	cup	milk	1/2	cup	packed light or dark brown sugar
			2	tablespoons	unsalted butter
			1/4	teaspoon	ground nutmeg

- 1 To make the dumplings: Combine the flours, baking powder, cinnamon and salt in a medium bowl or your food processor. Cut the butter into small cubes, and use your fingers, a pastry blender or the metal blade of the food processor to cut it into the flour, until the mixture is the texture of coarse meal. Stir in the brown sugar and orange zest. Beat the egg lightly with a fork in a small bowl and beat in the milk. Add the liquid ingredients all at once to the flour mixture, and mix quickly just until you have a wet, shaggy mass. Let the mixture rest while you prepare the fruit filling and the syrup.
- 2 Preheat the oven to 350°F. Butter a 9-inch square pan.
- 3 To make the filling: Combine the pear slices and dried cherries. Place the fruit in the prepared pan, and sprinkle with the sugar, orange juice and cloves.
- 4 To make the syrup: Combine the water, brown sugar and butter in a small saucepan. Heat the mixture until

the brown sugar is completely melted; stir in the nutmeg.

- 5 To assemble and bake the slump: Plop spoonfuls of the dumpling dough over the fruit, leaving space between the dumplings. You don't want a complete cloak here; instead you want to leave room for the fruit to bubble up around the dough. Pour the syrup over the whole thing to help moisten the dough.
- 6 Bake the slump in the oven until the dumplings are golden brown and the fruit is bubbly and starting to thicken, about 40 minutes. Remove the slump from the oven and cool for 10 minutes before serving.

Servings: 12

Cooking Times

Cooking Time: 45 minutes

Nutrition Facts

Nutrition (per serving): 224 calories, 6g total fat, 31mg cholesterol, 92mg sodium, 240mg potassium, 28g carbohydrates, 3g fiber, 15g sugar, 3g protein.

Source

Source: Rustic Fruit Desserts

Blackberry Grunt

		Filling	1/2 cup	unbleached all-purpose flour
6	cups	blackberries or combination of dark berries, fresh or frozen	1 tablespoon	baking powder
		sugar	1/2 teaspoon	salt
3/4	cup	cornstarch	6 tablespoons	unsalted butter, chilled
2	tablespoons	Topping	1/2 cup	milk
		whole cornmeal	1/4 cup	maple syrup
1 1/2	cups			

- 1 Preheat the oven to 350°F. Butter a 9-inch square baking dish.
- 2 To make the filling: Place the berries in the dish. Combine the sugar and cornstarch in a small bowl, mix well, and sprinkle over the fruit. Toss to combine thoroughly. Set aside.
- 3 To make the topping: Combine the cornmeal, flour, baking powder and salt in a medium bowl or your food processor. Cut the butter into small cubes. Using a pastry blender, your fingers or the meat blade of the food processor, cut the chilled butter into the flour until the pieces of butter are the size of small peas. Combine the milk and maple syrup and stir swiftly into the cornmeal mixture, mixing just until it is moistened.
- 4 Drop the topping by small spoonfuls onto the fruit, but be sure to leave spaces between the spoonfuls to let the fruit bubble up around the dough.
- 5 Place the pan in the oven and bake the grunt until the topping is lightly browned and the fruit is bubbling and thick, 30 to 35 minutes. Remove from the oven and let cool for 10 minutes before serving.

Servings: 12

Cooking Times

Cooking Time: 35 minutes

Nutrition Facts

Nutrition (per serving): 247 calories, 7g total fat, 16mg cholesterol, 204mg sodium, 223mg potassium, 29g carbohydrates, 5g fiber, 22g sugar, 4g protein.

Source

Source: Rustic Fruit Desserts

Caramel Peach Grunt

8		peaches, skins pierced and each cut into 10 to 12 slices (3 pounds prepped)	2	cups	Biscuit
1/2	cup	granulated sugar plus 1 cup for caramel	2	tablespoons	all-purpose flour
3	tablespoons	cornstarch	1	teaspoon	granulated sugar
1/2	teaspoon	fine sea salt	1/2	teaspoon	baking soda
1/4	cup	water	6	tablespoons	fine sea salt
2	tablespoons	unsalted butter	1	cup	cold unsalted butter, cut into small cubes
1	tablespoon	pure vanilla extract			cold buttermilk

- 1 Gently toss the peaches with 1/2 cup of the sugar in a large bowl and let sit for 20 to 30 minutes to draw out some of the juices. Strain the juice into a separate bowl. Rub the cornstarch and salt together in a small bowl, add to the peaches, and gently toss to combine.
- 2 Position an oven rack in the lower third of the oven and preheat the oven to 375°F.
- 3 Combine the remaining 1 cup sugar and the water in a 12 inch cast-iron skillet or other ovenproof skillet over medium-high heat and stir until dissolved. Once the sugar is dissolved, stop stirring and only swirl the pan as necessary to keep the mixture heated evenly. Once the sugar has turned dark amber, remove from the heat and slowly pour in the juice collected from the peaches and the butter; be careful, as the caramel is very hot and will boil up when the liquid is added. Return the pan to the heat and bring back to a boil. Once the caramel boils, stir in the peaches and vanilla, lower the heat to medium, and cook, stirring occasionally, for 10 to 15 minutes, until the peaches have cooked through.
- 4 Meanwhile, make the biscuits. Whisk the flour, sugar, baking soda, and salt together in a bowl. Add the butter and toss until evenly coated. Using your fingertips or a pastry blender, cut in the butter until the size of small peas. Pour in the buttermilk and stir with a fork just until the dough barely holds together; it will be wet and sticky.
- 5 In 12 portions, each about 1/4 cup, drop the biscuits atop the peaches. Bake in the lower third of the oven for 25 to 30 minutes, or until the biscuits are lightly golden and puffy. Cool for 20 minutes before serving.
- 6 Storage: This grunt will not keep long; it is best served within 4 hours of being made.

Servings: 12

Cooking Times

Cooking Time: 30 minutes

Source

Source: Rustic Fruit Desserts

Stone Fruit Slump

4 1/2	pounds	mixed plums, nectarines, or peaches, fresh or frozen, pitted (8 to 9 cups or 3 pounds prepped)	2	tablespoons	granulated sugar
			1	teaspoon	baking powder
			1/2	teaspoon	baking soda
			1/2	teaspoon	fine sea salt
3/4 to 1	cup	(granulated sugar)	1/2	teaspoon	ground cinnamon
3	tablespoons	cornstarch	1/2	teaspoon	ground cardamom
1/2	teaspoon	fine sea salt	1/2	cup	cold unsalted butter, cut into 1/2 inch cubes
2	tablespoons	freshly squeezed lemon juice (about 1/2 lemon)	1	cup	cold buttermilk
		Dumplings			
1	cup	all-purpose flour			
1/2	cup	unsifted cake flour			

- 1 To make the fruit filling, slice the fruit over a bowl so you can collect all of the juices. Slice each fruit into 10 to 12 pieces, depending on the size of the fruit, and drop the slices into the bowl. Separately, rub the sugar, cornstarch, and salt together in a small bowl, then add to the fruit and gently toss to coat. Gently stir in the lemon juice, scrape the fruit and juices into a 10 to 12 inch nonreactive, deep skillet or a wide 5 quart saucepan or Dutch oven. Whatever pan you choose, it must have a tight-fitting lid. Let stand for 15 minutes. During this time, the fruit will release some of its juices and the sugar will begin to dissolve.
- 2 Bring the fruit mixture to a low simmer over medium-low heat. You will need to stir occasionally to prevent the juice from sticking to the bottom of the pan, but do so gently to avoid breaking down the pieces of fruit. Simmer for about 2 minutes, until slightly thickened. Remove from the heat.
- 3 To make the dumplings, whisk the flours, sugar, baking powder, baking soda, salt, cinnamon, and cardamom together in a bowl. Add the butter and toss until evenly coated. Using your fingertips or a pastry blender, cut in the butter until the size of peas. Add the buttermilk and stir just until the mixture comes together; it will be slightly wet dough.
- 4 In 8 portions, place the dough atop the fruit, distributing the dumplings evenly over the surface. Return to the stovetop and bring to a gentle simmer over low heat. Cover with a tight-fitting lid and continue simmering for 18 to 22 minutes, or until the dumplings are puffy and cooked through to the center. Remove the cover and let cool for 15 minutes before serving.
- 5 Storage: Sadly, slumps do not keep well. Eat this one immediately.

Source

Source: Rustic Fruit Desserts

Raspberry Custard Kuchen

1 1/2 cups	all-purpose flour, divided	3 cups	fresh raspberries
1/2 teaspoon	salt	1 cup	sugar
1/2 cup	cold butter	1 tablespoon	all-purpose flour
2 tablespoons	heavy whipping cream	2	eggs, beaten
1/2 cup	sugar	1 cup	heavy whipping cream
	Filling	1 teaspoon	vanilla extract

- 1 In a bowl, combine 1 cup flour and salt; cut in butter until the mixture resembles coarse crumbs. Stir in cream; pat into a greased 13 in. x 9 in. baking dish. Combine the sugar and remaining flour; sprinkle over crust.
- 2 Arrange raspberries per crust. In a large bowl, combine sugar and flour. Stir in eggs, cream and vanilla; pour over berries.
- 3 Bake at 375° for 40-45 minutes or until lightly browned. Serve warm or chilled. Store in refrigerator. Yield: 10-12 servings.

Servings: 12

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Total Time: 55 minutes

Nutrition Facts

Nutrition (per serving): 328 calories, 17g total fat, 86mg cholesterol, 195mg sodium, 42g carbohydrates, 3g fiber, 4g protein.

Source

Web Page: <http://www.tasteofhome.com>

Easy Peach Kuchen

2 cups	all-purpose flour	1 teaspoon	ground cinnamon
1/4 teaspoon	baking powder	3	eggs
1 cup	sugar	2 containers	vanilla yogurt (2/3 cup)
1/2 cup	butter or margarine, melted	1/2 teaspoon	vanilla
3 cups	1/2 inch slices fresh peaches or 1 bag (16 oz) frozen (thawed and drained) peaches	1/2 cup	chopped pecans

- 1 Heat oven to 350°F. In large bowl, mix flour, baking powder and 2 tablespoons of the sugar. Stir in butter until mixture is crumbly. On bottom and 1 1/2 inches up sides of 8-inch square glass baking dish, pat mixture evenly. Top with peaches. In small bowl, mix remaining sugar and the cinnamon; sprinkle over peaches. Bake 15 minutes.
- 2 Meanwhile, in medium bowl, beat eggs, yogurt and vanilla with wire whisk until smooth. Pour over top of partially baked kuchen. Sprinkle pecans over yogurt mixture.
- 3 Bake 40 to 50 minutes longer or until knife inserted in center comes out clean. Serve warm.
- 4 Makes 9 servings

Servings: 9

Cooking Times

Preparation Time: 25 minutes

Total Time: 1 hour and 15 minutes

Nutrition Facts

Nutrition (per serving): 420 calories, 17g total fat, 100mg cholesterol, 125mg sodium, 59g carbohydrates, 3g fiber, 8g protein.

Source

Web Page: <http://www.bettycrocker.com>

Apple Pandowdy

1	piecrust for double-crust 9-inch pie	1/4 teaspoon	nutmeg
7-8 large	apples	1/4 cup	water
1/2 cup	granulated sugar	1/2 cup	molasses or maple syrup
1/4 teaspoon	salt	3 tablespoons	butter, cut into bits
1/4 teaspoon	cinnamon		

- 1 Put the oven rack on its lowest rung and preheat the oven to 425°F.
- 2 Divide the pie dough into two pieces, one slightly larger than the other. Roll out the larger piece to fit into the bottom and up the sides of a casserole dish (a 9x9 inch pan, or equivalent, is the right size).
- 3 Peel, core, and cut the apples into 1/4 inch slices. You should have about 9 cups. Toss the slices with the sugar, salt, cinnamon, and nutmeg. Spoon apples into piecrust.
- 4 Mix water and molasses and pour over apples. Dot with butter.
- 5 Roll out second piece of dough and fit it over apple mixture. Brush the edge of the bottom crust with milk and squeeze together the edges of the bottom and top crust, sealing them; the protein in the milk will act as glue, keeping a tight seal while the pandowdy bakes. Brush top crust with milk and sprinkle with granulated sugar, if desired (this will make a brown, sugary crust).
- 6 Bake for 45 minutes, then decrease heat to 325°F and continue to bake until crust is well browned (the initial 45 minutes may be enough for the browning, each oven is a bit different).
- 7 Remove from the oven and cool on a wire rack for 5 minutes. After 5 minutes, take a knife and slash, in a random pattern, all the way through the pandowdy. With a fork and spoon, gently lift pieces of crust from the bottom and submerge pieces of the top crust; in effect, you're really messing this whole thing up. Don't get

carried away; crust pieces should remain in fairly large (2-inch-square) chunks. Let the dish cool to warm before serving; if you serve it too hot, it will be very runny.

Nutrition Facts

Nutrition (per serving): 280 calories, 12g total fat, 19mg cholesterol, 225mg sodium, 147mg potassium, 26g carbohydrates, 2g fiber, 17g sugar, 2g protein.

Source

Source: Rustic Fruit Desserts

French Apple Pie

	Crust			
1 cup	unbleached all-purpose flour	1/4 cup	unbleached all-purpose flour	
1/4 teaspoon	salt	up to 1 teaspoon	cinnamon (to taste)	
1/2 cup	solid vegetable shortening or cold butter	up to 1/4 teaspoon	nutmeg (to taste)	
	Filling		Topping	
1 tablespoon	ice water	1 cup	unbleached all-purpose flour	
	Filling	1/2 cup	brown sugar	
8 cups	peeled, cored and sliced apples	1/2 cup	cold butter	
3/4 cup	granulated sugar			

- 1 The crust: Place the flour and salt in a large bowl. Using two knives or a pastry cutter, work in the shortening until lumps the size of peas remain. The water should be ice cold and added gradually, mixing a little with a fork after each addition. Once you start to add the ice water, overhandling will make the crust tough, so try to keep handling to a minimum.
- 2 When the dough starts to hold together a bit gather it with your hands and form it into a ball. Wrap and chill the dough for half an hour before rolling it out.
- 3 Preheat the oven to 425°F. Transfer the dough to a floured board. Roll the dough until it's 2 inches larger in diameter than the top edge of the pie pan. Transfer the dough to the pan, and flute the edges.
- 4 The filling: Mix the apples with the flour, sugar and spices. Pour them into the prepared pie pan.
- 5 The topping: Cut the butter up with a knife a bit, then mix it into the flour and sugar with your hands or a fork until everything is mixed together but still a little lumpy. Spread this mixture evenly over the top of the apples.
- 6 Place the pie on a baking sheet to catch any drips, and bake at 425°F for 15 minutes, then reduce heat to 350°F and bake for an additional 30 minutes. Remove the pie from the oven and cool to lukewarm before slicing.

Source

Web Page: <http://www.kingarthurfLOUR.com>

Strawberry Shortcake

	Biscuits			
3 1/2 cups	unbleached all-purpose flour	1 large	egg	
1 teaspoon	salt	1 cup	milk*	
1 tablespoon	baking powder		Shortcake	
1/2 teaspoon	baking soda	2 quarts	hulled strawberries	
1/4 cup	dried buttermilk powder*	1/2 cup	sugar	
3 tablespoons	sugar	2 teaspoons	fresh lemon juice	
1/2 cup	butter, or 1/2 cup shortening	1 cup	whipping cream	
2 teaspoons	vanilla	*	or substitute 1 cup buttermilk for the buttermilk powder and milk	

- 1 The Biscuits: Preheat the oven to 425°F.

- Whisk together the dry ingredients, and cut in the cold butter, margarine or shortening. Whisk the vanilla and egg with the milk, add all at once to the dry ingredients and stir until the liquid is absorbed. Turn the dough out onto a lightly floured surface and knead 4 or 5 times, just until it holds together. Pat the dough out until it's about 1/2 to 3/4 inches thick, and cut it into circles (using a sharp cutter for the highest rising biscuits). Place the biscuits onto an ungreased baking sheet, brush the tops with milk or egg white for a shiny surface, sprinkle with sugar if desired, and bake for 10 to 12 minutes, until the tops are golden brown. Remove from the oven and cool for 15 minutes before serving. Yield: 9 biscuits.
- To assemble shortcake: Mash 2 cups of the strawberries. Slice the remaining strawberries, and mix all of the berries with the sugar and lemon juice. Let rest 1 hour. Whip the cream until soft peaks form. Just before serving, split open the biscuits, spoon half the berries and whipped cream on the bottom half, top with remaining biscuit halves, and spoon on remaining berries and cream.

Source

Web Page: <http://www.kingarthurflour.com>

Berries and Creme Tart

		Dough			Filling
1/2	cup	soft butter	1	cup	pastry cream mix prepared according to package instructions. Or, make rich pudding filling by preparing one 3.4 ounce box of instant vanilla pudding with heavy cream, instead of milk, and adding 1 teaspoon vanilla extract.
1/2	cup	sugar			
1	tablespoon	lemon zest or 1/8 teaspoon lemon oil			
1	teaspoon	vanilla			
1/2	teaspoon	almond extract, optional			
1/2	teaspoon	salt			Topping
1/2	cup	almond flour, optional	1	pint	fresh raspberries
1 1/2	cups	unbleached all-purpose flour	1	pint	fresh blueberries
					Glaze
			1/4	cup	brown sugar, firmly packed
			3/4	cup	clear juice: apple, cranberry, cranberry variation
			1	teaspoon	unflavored gelatin

- To make the crust: Beat together the butter, sugar, flavorings and salt.
- Whisk together the flour and almond flour (if you're using it), and mix into the butter. The mixture will be crumbly.
- Press the crust into the bottom and up sides of a 9" tart pan. Use a fork to prick the dough all over. Freeze for 30 minutes (or longer), covered. Just before baking, preheat the oven to 375°F.
- Bake the crust for 20 to 22 minutes, until golden brown. Set aside to cool.
- Prepare the filling, and spread it into the cooled crust.
- Top with raspberries and blueberries, and serve immediately.
- If you're not going to serve the tart immediately, add a glaze to keep the fruit fresh. Use a tart glaze spray, or the following.
- To make the glaze mix the brown sugar into the juice. Whisk the gelatin in the juice for 5 minutes or so, then heat in the microwave or over low heat until the gelatin dissolves. Let cool to lukewarm.
- Brush some of the glaze over the fruit.
- Yield: 9" tart, 8 to 10 servings.

Cooking Times

Preparation Time: 50 minutes

Cooking Time: 25 minutes

Total Time: 2 hours and 15 minutes

Source

Glazed Berry Tart

	Crust	1/2	teaspoon	almond extract, if desired
1	refrigerated pie crust, softened as directed on box.			Topping
	Filling	1	cup	sliced fresh strawberries
1	container (6 oz) Greek fat free plain yogurt	1/2	cup	fresh blueberries
1	package (3 oz) cream cheese, softened	1/2	cup	fresh raspberries
1	box (4 serving size) white chocolate instant pudding and pie filling mix	3	tablespoons	orange marmalade
1	cup milk			

- 1 Heat oven to 450°F. Bake pie crust as directed on box for One-crust Baked shell, using 10 inch tart pan with removable bottom or 9 inch glass pie plate. Cool completely.
- 2 In medium bowl, mix filling ingredients with whisk until well blended. Pour into cooled baked shell. Refrigerate about 1 hour or until set.
- 3 Top with berries. In small microwavable bowl, microwave marmalade uncovered on high about 10 seconds or until melted. Brush over berries.

Servings: 10

Cooking Times

Preparation Time: 20 minutes

Total Time: 1 hour and 30 minutes

Nutrition Facts

Nutrition (per serving): 200 calories, 8g total fat, 15mg cholesterol, 290mg sodium, 28g carbohydrates, 1g fiber, 4g protein.

Source

Web Page: <http://www.bettycrocker.com>

Autumn Fruit Tart

	Crust	1	tablespoon	brandy or apple juice, if desired	
1 1/4	cups	crushed vanilla wafer cookies	1 1/2	teaspoons	ground cinnamon
1/2	cup	finely chopped hazelnuts	1/2	cup	chopped hazelnuts
1/4	cup	butter, melted	1/2	cup	chopped dried apricots
	Filling		1	medium	(1 cup) apple, peeled, chopped
1/2	cup	sugar			Topping
1/2	cup	light corn syrup	1/2	cup	whipping cream, whipped
3		eggs	1	tablespoon	powdered sugar
2	tablespoons	all-purpose flour	1/8	teaspoon	ground cinnamon
2	tablespoons	butter, melted			

- 1 Heat oven to 350°F. Stir together all crust ingredients in small bowl. Press onto bottom and up sides of greased 9-inch tart pan with removable bottom. Bake 8 minutes.
- 2 Combine sugar, corn syrup, eggs, flour, 2 tablespoons melted butter, brandy and 1 1/2 teaspoons cinnamon in medium bowl; mix well. Stir in hazelnuts, apricots and apple. Spoon mixture into crust. Bake for 40 to 50 minutes or until deep golden brown. Cool 15 minutes. Remove side of pan.
- 3 Combine all topping ingredients in small bowl. Beat at high speed until stiff peaks form. Serve with tart.

Servings: 10

Cooking Times

Preparation Time: 15 minutes
Total Time: 1 hour and 20 minutes

Nutrition Facts

Nutrition (per serving): 330 calories, 19g total fat, 95mg cholesterol, 125mg sodium, 38g carbohydrates, 2g fiber, 5g protein.

Source

Web Page: <http://www.landolakes.com>

Apple Turnovers

2	tablespoons	lemon juice	1	tablespoon	cornstarch
4	cups	water	1	tablespoon	water
4		apples, peeled, cored, and thinly sliced	1	(17.25 oz)	package frozen puff pastry sheets, thawed
2	tablespoons	butter	1	cup	confectioner's sugar
1	cup	brown sugar	1	tablespoon	milk
1	teaspoon	ground cinnamon	1	teaspoon	vanilla extract

- 1 Combine the lemon and 4 cups water in a large bowl. Place the sliced apples in the water to keep them from browning.
- 2 Melt butter in a large skillet over medium heat. Drain water from apples, and place them into the hot skillet. Cook and stir for about 2 minutes. Add brown sugar, and cinnamon, and cook, stirring, for 2 more minutes. Stir together cornstarch and 1 tablespoon water. Pour into the skillet, and mix well. Cook for another minute, or until sauce has thickened. Remove from heat to cool slightly.
- 3 Preheat the oven to 400 degrees F.
- 4 Unfold puff pastry sheets, and repair any cracks by pressing them back together. Trim each sheet into a square. Then cut each larger square into 4 smaller squares. Spoon apples onto the center of each squares. Fold over from corner to corner into a triangle shape, and press edges together to seal. Place turnovers on a baking sheet, leaving about 1 inch between them.
- 5 Bake for 25 minutes in the preheated oven, until turnovers are puffed and lightly browned. Cool completely before glazing.
- 6 To make the glaze, mix together the confectioners' sugar, milk and vanilla in a small bowl. adjust the thickness by adding more sugar or milk if necessary. Drizzle glaze over the cooled turnovers.

Servings: 8

Cooking Times

Preparation Time: 30 minutes
Cooking Time: 25 minutes
Total Time: 55 minutes

Nutrition Facts

Nutrition (per serving): 562 calories, 25.9g total fat, 8mg cholesterol, 184mg sodium, 80g carbohydrates, 2.4g fiber, 4.8g protein.

Source

Web Page: <http://allrecipes.com>

Stone Fruit Tea Cake

1	tablespoon	unsalted butter, at room temperature, for pan	3/4	cup	unsalted, butter at room temperature
2 1/4	cups	all-purpose flour	3		eggs
1	teaspoon	baking powder	1	tablespoon	pure vanilla extract
1	teaspoon	fine sea salt	2 1/2	cups	coarsely chopped mixed stone fruit, fresh or frozen
1	cup	granulated sugar	1	tablespoon	turbinado sugar or brown sugar

- 1 Whisk the flour, baking powder, and salt together in a bowl. Using a hand held mixer with beaters or a stand mixer with the paddle attachment, cream the sugar and butter together on medium-high speed for 3 to 5 minutes, until light and fluffy. Add the eggs one at a time, scraping down the sides of the bowl after each addition, then stir in the vanilla. Add the flour mixture and stir just until a smooth dough forms. Wrap the dough in plastic wrap, flatten into a 1 inch thick disk, and freeze for 30 minutes.
- 2 Preheat the oven to 375°F. Butter a shallow 10-inch round baking pan or tart pan.
- 3 Divide the dough into two equal portions and pat one portion evenly into the bottom of the prepared pan. Spread the fruit over the dough. Break the remainder of the dough into tablespoon-size pieces and distribute atop the fruit, then sprinkle the turbinado or brown sugar over the dessert.
- 4 Bake for 30 to 40 minutes, or until lightly golden and firm. Cool for 30 minutes before serving.
- 5 Storage: Wrapped in plastic wrap, this tea cake will keep at room temperature for up to 3 days. You can also freeze the unbaked dough; if wrapped well, it will keep for up to 3 months. You can freeze a whole, unbaked cake with fruit (again, wrapped well) for one month.

Servings: 12

Cooking Times

Cooking Time: 40 minutes

Source

Source: Rustic Fruit Desserts

Lemon Tea Cakes

1 1/2	cups	butter, softened	1 1/2	teaspoons	grated lemon peel
1	package	cream cheese, softened	3	cups	all-purpose flour
2 1/4	cups	sugar			Glaze
6		eggs	5 1/4	cups	confectioners' sugar
3	tablespoons	lemon juice	1/2	cup	plus 3 tablespoons 2% milk
2	teaspoons	lemon extract	3 1/2	teaspoon	lemon extract
1	teaspoon	vanilla extract			

- 1 In a large bowl, cream the butter, cream cheese and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in the lemon juice, extracts and lemon peel. Add flour; beat just until moistened.
- 2 Fill greased miniature muffin cups two-thirds full. Bake at 325° for 10-15 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pans to wire racks to cool completely.
- 3 In a small bowl, combine glaze ingredients. Dip tops of cakes into glaze; place on waxed paper to dry. Yield: 8 1/2 dozen.

Servings: 102

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 93 calories, 4g total fat, 22mg cholesterol, 38mg sodium, 14g carbohydrates, 1g protein.

Source

Web Page: <http://www.tasteofhome.com>

Raspberry Trifle

1	loaf	frozen pound cake	1 1/2	teaspoons	vanilla extract
1 1/2	cups	heavy whipping cream	2	packages	frozen sweetened raspberries, thawed
3/4	cup	sugar, divided			
2	packages	cream cheese, softened	2	tablespoons	baking cocoa
2	teaspoons	lemon juice			Fresh raspberries, optional

- 1 Slice cake into 18-20 slices about 1/2 in. thick; set aside.
- 2 In a bowl, beat cream with 1/4 cup sugar until stiff peaks form. In another bowl, beat cream cheese, lemon juice, vanilla and the remaining sugar. Fold in 2 cups of the whipped cream; set remaining whipped cream aside for topping. Drain raspberries, reserving juice; set berries aside.
- 3 Line the bottom of a 3-qt. glass bowl with a third of the cake slices. Drizzle with some of the raspberry juice. Spread with a fourth of the cream cheese mixture. Sift a fourth of the cocoa over the top. Sprinkle with a third of the berries. Repeat layers twice. Top with the remaining cream cheese mixture, whipped cream and sifted cocoa. Cover and refrigerate for 4 hours or overnight. Garnish with fresh raspberries if desired. Yield: 12-15 servings.

Servings: 15

Cooking Times

Preparation Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 273 calories, 18g total fat, 78mg cholesterol, 128mg sodium, 27g carbohydrates, 1g fiber, 3g protein.

Source

Web Page: <http://www.tasteofhome.com>

Angel Berry Trifle

1 1/2	cups	cold fat-free milk	2	teaspoons	vanilla extract
1	package	(1 ounce) sugar-free instant pudding mix	1	carton	(12 ounces) frozen reduced-fat whipped topping, thawed, divided
1	cup	fat-free vanilla yogurt	1		prepared angel food cake (18 inches), cut into 1-inch cubes
6	ounces	Neufchatel cheese, softened			each blackberries, raspberries and blueberries
1/2	cup	reduced fat sour cream	1	pint	

- 1 In a small bowl, whisk the milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set.

- In a large bowl, beat the yogurt, cream cheese, sour cream and vanilla until smooth. Fold in pudding mixture and 1 cup whipped topping.
- Place a third of the cake cubes in a 4-qt. trifle bowl. Top with a third of the pudding mixture, a third of the berries and half of the remaining whipped topping. Repeat layers once. Top with remaining cake, pudding and berries. Serve immediately or refrigerate. Yield: 14 servings.

Servings: 14

Cooking Times

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 209 calories, 6g total fat, 10mg cholesterol, 330mg sodium, 32g carbohydrates, 3g fiber, 5g protein.

Source

Web Page: <http://www.tasteofhome.com>

Apple-Upside Down Cake

	Topping			
2	medium apples	2	tablespoons	boiled cider or thawed apple juice concentrate
4	tablespoons butter	2	large	eggs
3/4	cup light brown sugar, firmly packed	1 1/2	teaspoons	ground cinnamon
2	tablespoons boiled cider or thawed apple juice concentrate	1/4	teaspoon	ground ginger
1/4	teaspoon ground cinnamon	1/8	teaspoon	ground cloves
1/2	cup light corn syrup	1/2	teaspoon	salt
	Cake	1	teaspoon	baking soda
3/4	cup vegetable oil	1 1/2	cups	unbleached all-purpose flour
1	cup brown sugar, firmly packed	1	large	apple, peeled and sliced
		3/4	cup	chopped pecans or walnuts, optional

- Preheat the oven to 350°F. Lightly grease a 9" round cake pan at least 2" deep. Line the bottom with parchment, and grease the parchment.
- Slice the top, including the stem, off one of the apples and set it aside before peeling and slicing the rest of the apples into 1/4" thick wedges.
- Place the apple top, stem side down, in the middle of the pan, and overlap the rest of the apple wedges in a ring around it.
- Prepare the topping by heating the butter, sugar, boiled cider, cinnamon, and corn syrup together over low heat, stirring until the sugar is dissolved.
- Pour 1/2 cup of the syrup mixture into the prepared pan, and set the rest aside.
- To make the cake: Beat the oil, brown sugar, boiled cider, eggs, spices and salt together for 2 minutes at medium speed.
- Mix the flour with the baking soda, and stir it into the batter.
- Add the chopped apple and nuts, and mix until just blended.
- Drop scoops of the batter atop the apples in the pan, gently spreading to cover.
- Bake the cake for 50 to 55 minutes, or until a cake tester inserted near the center comes out clean.
- Remove the cake from the oven, and run a thin spatula around the edge to loosen.
- Let the cake cool in the pan for 5 minutes, then turn it out onto a serving plate, bottom side up. Scrape out any sauce that remains in the pan, and spread it over the cake.
- Reheat the reserved topping. If butter starts to separate as you reheat, add water by the teaspoon and stir until the butter rejoins the rest of the sauce.
- Pour the sauce over the cake. Serve cake warm or at room temperature, with whipped cream if desired.

Servings: 10

Cooking Times

Preparation Time: 35 minutes

Cooking Time: 55 minutes

Total Time: 1 hour and 50 minutes

Source

Web Page: <http://www.kingarthurfLOUR.com>

Skillet Pineapple Upside-Down Cake

1/2 cup	butter	1	teaspoon	vanilla extract	
1	cup	packed brown sugar	1	cup	all-purpose flour
1	can	(20 ounces) sliced pineapple	1	teaspoon	baking powder
1/2	cup	chopped pecans	1/4	teaspoon	salt
3		eggs, separated			maraschino cherries
1	cup	sugar			

- 1 Melt butter in a 9 or 10 in. oven proof skillet. Add brown sugar; mix well until sugar is melted. Drain pineapple, reserving 1/3 cup juice. Arrange about 8 pineapple slices in a single layer over sugar (refrigerate the remaining slices for another use). Sprinkle pecans over pineapple; set aside.
- 2 In a large bowl, beat egg yolks until thick and lemon-colored. Gradually add sugar, beating well. Blend in vanilla and reserved pineapple juice. Combine the flour, baking powder and salt; gradually add to batter and mix well.
- 3 In a small bowl, beat egg whites on high speed until stiff peaks form; fold into batter. Spoon into skillet.
- 4 Bake at 375° for 30-35 minutes or until a toothpick inserted near the center comes out clean. Let stand for 10 minutes before inverting onto serving plate. Place cherries in center of pineapple slices.

Servings: 10

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Total Time: 50 minutes

Nutrition Facts

Nutrition (per serving): 380 calories, 15g total fat, 88mg cholesterol, 224mg sodium, 59g carbohydrates, 1g fiber, 4g protein.

Source

Web Page: <http://www.tasteofhome.com>