
Nectarine, Boysenberry, and Almond Crisp

Rustic Fruit Desserts (cookbook)



- 1 1/4 cups all-purpose flour
- 3/4 cup granulated sugar
- 1 teaspoon salt
- 1/2 cup unsalted butter, cold, cut into 6 cubes
- 3/4 cup sliced almonds, toasted
- 1/2 cup granulated sugar
- 2 tablespoons cornstarch
- 1/2 teaspoon fine sea salt
- 6 whole nectarines (or peaches) each cut into 10 to 12 slices (3 pounds prepped)
- 1 pint boysenberries, or blackberries
- 1 tablespoon pure vanilla extract
- Optional for serving: ice cream or whipped cream

Per Serving (excluding unknown items): 452 Calories; 19g Fat (37.3% calories from fat); 6g Protein; 67g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 388mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 3 1/2 Fat; 2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 8

Cook's notes: You will want to use a wide dish for this recipe so the filling can spread out in a shallow layer, which allows more water (from the fruit) to evaporate. Almonds are the first choice to complement the combination of nectarines and boysenberries, but walnuts or hazelnuts also work well.

1. Preheat the oven to 400 degrees. Butter a 3-quart baking dish (see cook's notes).
2. Prepare topping: Mix flour, sugar, and salt together in a bowl. Add butter and toss until evenly coated. Using your fingertips or a pastry blender, cut in butter until mixture resembles crumbs. (Alternatively, you can put the dry ingredients in a food processor and pulse to combine. Add the butter and pulse until crumbly, then transfer to a bowl and squeeze the mixture between your fingers to make crumbs.) Add the almonds and mix gently; try not to break the almond slices. Put the topping in the freezer while you prepare the fruit filling.
3. Prepare fruit filling: Rub the sugar, cornstarch, and salt together in a large bowl. Add nectarines and boysenberries, toss until evenly coated, then gently stir in the vanilla.
4. Pour the fruit into prepared baking dish and scatter topping over the fruit. Bake for 45 to 55 minutes, or until topping is golden and fruit is bubbling. Cool for 30 minutes before serving, topped with ice cream or whipped cream, if desired. Wrapped in plastic wrap, the crisp will keep at room temperature for up to 3 days. Reheat in a 325-degree oven for 10 minutes before serving.