Cobbler, Cobblers Crisps, Fruit

Fresh Peach Cobbler with Walnut Crust Topping

Adapted slightly from 101 Cookbooks blog



Butter for greasing the baking dish
FRUIT:
1 small lemon, zest and juice
5 cups fresh peaches, ripe, cut into about 3/4" chunks, unpeeled, or nectarines
1 tablespoon cornstarch
1 teaspoon vanilla, or almond extract
1/4 cup granulated sugar
TOPPING:
1 1/4 cup all-purpose flour
2 teaspoons baking powder
1/3 cup granulated sugar
1/4 teaspoon sea salt
1/2 cup toasted walnuts, chopped, or pecans
1 large egg
1/2 cup yogurt, or buttermilk
3 tablespoons butter, melted and cooled
Vanilla ice cream or whipped cream, or pouring cream

Per Serving (excluding unknown items): 306 Calories; 13g Fat (37.6% calories from fat); 6g Protein; 43g Carbohydrate; 4g Dietary Fiber; 33mg Cholesterol; 275mg Sodium; 25g Total Sugars; trace Vitamin D; 118mg Calcium; 2mg Iron; 368mg Potassium; 216mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 9

1. Preheat oven to 425°F, rack in the middle or top third. Butter a 9x9-inch baking dish. Use the kind of zester that produces little strings and drop those all over the bottom of the greased baking dish.
2. FRUIT: combine the peaches, cornstarch, vanilla and sugar in a medium bowl and gently toss. Juice the lemon and sprinkle over the fruit and mix lightly. Set aside.
3. TOPPING: combine flour, baking powder, sugar, salt, and nuts in a large bowl. In another separate bowl whisk together the egg and yogurt (or buttermilk), then whisk in the butter. Fold the eggy liquid mixture into the flour mixture until it's barely combined.
4. Pour fruit into the prepared pan without disturbing the lemon zest. Add the topping by dropping small dollops into the pan a SCANT tablespoon each - if they're too big they won't bake through. Push the batter around (fingers work best here) to the edges. You'll want very few peek-holes of fruit visible, if any.
5. Bake for 15-20 minutes or until the top is golden and cooked through completely. Cool slightly and serve warm or at room temperature. Can be served with ice cream, pouring heavy cream or whipped cream.