



Apple and Blackberry Polenta Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



371 kcal

DESSERT

Ingredients

- ☐ 3 pounds apples cored peeled cut into 1/4" wedges (such as Honeycrisp or Pink Lady)
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups blackberries frozen thawed
- ☐ 3 tablespoons cornstarch
- ☐ 1.5 cups flour all-purpose plus more for work surface
- ☐ 1 cup heavy whipping cream plus more for brushing
- ☐ 3 tablespoons honey
- ☐ 0.8 teaspoon kosher salt

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup polenta (not quick-cooking)
- ☐ 0.3 cup sugar plus more for sprinkling
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2" pieces ()

Equipment

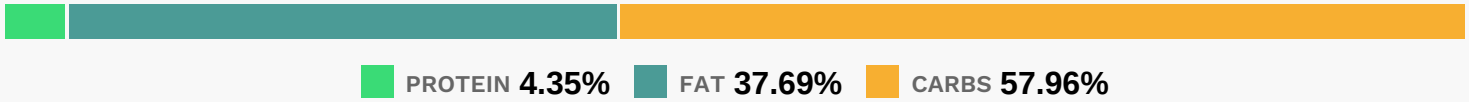
- ☐ food processor
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 375°F.
- ☐ Combine apples, blackberries, sugar, cornstarch, honey, butter, and lemon juice in a large bowl and toss to evenly distribute.
- ☐ Transfer mixture to a shallow 3-quart baking dish and set aside.
- ☐ Combine polenta, baking powder, salt, 1 1/2 cups flour, and 1/4 cup sugar in a food processor; pulse to blend.
- ☐ Add butter and pulse until pea-size lumps form.
- ☐ Transfer flour mixture to a large bowl and form a well in the center.
- ☐ Add 1 cup cream to well and mix with a spoon or spatula until a shaggy dough forms.
- ☐ Transfer mixture to a lightly floured work surface and knead just until dough comes together, about 3 times. Pat or roll out dough into a 14x4" rectangle about 1/2" thick.
- ☐ Cut dough rectangle in half lengthwise, then cut each strip crosswise into 6 equal pieces to make 12 biscuits.
- ☐ Arrange biscuits over fruit mixture, spacing about 1/2" apart.
- ☐ Brush biscuits lightly with cream and sprinkle evenly with sugar.
- ☐ Bake cobbler until filling is bubbling around edges and biscuits are golden brown, 40–50 minutes.
- ☐ Transfer to a wire rack and let cobbler cool for at least 10 minutes.

- ☐ Serve warm or at room temperature. DO AHEAD: Cobbler can be made 6 hours ahead.
- ☐ Let stand at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.64, Glycemic Load:22.03, Inflammation Score:-6, Nutrition Score:8.8434782183689%

Flavonoids

Cyanidin: 30.92mg, Cyanidin: 30.92mg, Cyanidin: 30.92mg, Cyanidin: 30.92mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 12.44mg, Catechin: 12.44mg, Catechin: 12.44mg, Catechin: 12.44mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 11.59mg, Epicatechin: 11.59mg, Epicatechin: 11.59mg, Epicatechin: 11.59mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 370.67kcal (18.53%), Fat: 16.08g (24.74%), Saturated Fat: 9.87g (61.71%), Carbohydrates: 55.65g (18.55%), Net Carbohydrates: 50.18g (18.25%), Sugar: 26.6g (29.55%), Cholesterol: 44.95mg (14.98%), Sodium: 269.21mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.35%), Fiber: 5.47g (21.88%), Manganese: 0.38mg (18.9%), Vitamin C: 13.64mg (16.54%), Vitamin A: 712.08IU (14.24%), Vitamin B1: 0.19mg (12.82%), Selenium: 8.77µg (12.53%), Folate: 47.92µg (11.98%), Vitamin B2: 0.19mg (11.18%), Vitamin K: 10.13µg (9.64%), Calcium: 84.98mg (8.5%), Phosphorus: 81.51mg (8.15%), Iron: 1.45mg (8.05%), Vitamin B3: 1.54mg (7.71%), Potassium: 254.57mg (7.27%), Vitamin E: 1.01mg (6.74%), Copper: 0.13mg (6.28%), Magnesium: 21.27mg (5.32%), Vitamin B6: 0.1mg (4.79%), Vitamin B5: 0.36mg (3.61%), Vitamin D: 0.51µg (3.38%), Zinc: 0.45mg (3.02%)