



## Bourbon Peach Cobbler

READY IN



60 min.

SERVINGS



8

CALORIES



755 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 cup bourbon
- 2 tablespoons cornstarch
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon plus more for sprinkling
- 0.8 cup heavy cream plus more for brushing
- 0.5 teaspoon kosher salt
- 6 cups peaches peeled sliced
- 0.8 cup sugar plus more for sprinkling

- 2 sticks butter unsalted cold
- 1 quart vanilla-bean ice cream for serving

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender
- baking pan

## Directions

- Preheat the oven to 375 degrees F.
- Combine the peaches, bourbon, 1/4 cup sugar, the cornstarch and cinnamon in a large bowl and toss to coat.
- Sift the flour, the remaining 1/2 cup sugar, the baking powder and salt into a bowl.
- Cut 1 1/2 sticks of the butter into small pieces; add to the flour mixture and cut it in with a pastry blender or your hands until the mixture looks like coarse crumbs.
- Pour in the cream and mix just until the dough comes together. Don't overwork; the dough should be slightly sticky but manageable.
- Melt the remaining 1/2 stick butter in a 10-inch cast-iron skillet over medium-low heat.
- Add the peach mixture and cook gently until heated through, about 5 minutes.
- Transfer the mixture to a 2-quart baking dish (or leave in the skillet). Drop the dough by tablespoonfuls over the warm peaches. (There can be gaps because the dough will puff up and spread as it bakes.)
- Brush the top with some heavy cream and sprinkle with sugar and a little extra cinnamon.
- Bake in the oven on a baking sheet (to catch any drips) until the cobbler is browned and the fruit is bubbling, 40 to 45 minutes.
- Serve warm with the ice cream.
- Photographs by James Baigrie

# Nutrition Facts

PROTEIN 4.52% FAT 53.38% CARBS 42.1%

## Properties

Glycemic Index:44.79, Glycemic Load:46.81, Inflammation Score:-8, Nutrition Score:13.526521682739%

## Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

## Nutrients (% of daily need)

Calories: 755.39kcal (37.77%), Fat: 44.59g (68.59%), Saturated Fat: 27.73g (173.34%), Carbohydrates: 79.1g (26.37%), Net Carbohydrates: 75.75g (27.55%), Sugar: 54.22g (60.24%), Cholesterol: 138mg (46%), Sodium: 371.06mg (16.13%), Alcohol: 2.51g (100%), Alcohol %: 0.94% (100%), Protein: 8.5g (17%), Vitamin A: 1909.25IU (38.18%), Vitamin B2: 0.49mg (28.88%), Calcium: 242.64mg (24.26%), Phosphorus: 217.28mg (21.73%), Selenium: 13.63µg (19.47%), Vitamin B1: 0.27mg (17.77%), Manganese: 0.29mg (14.42%), Folate: 57.49µg (14.37%), Vitamin E: 2.08mg (13.86%), Fiber: 3.35g (13.38%), Vitamin B3: 2.48mg (12.41%), Potassium: 431.26mg (12.32%), Vitamin B5: 1.06mg (10.56%), Iron: 1.77mg (9.83%), Vitamin B12: 0.55µg (9.08%), Zinc: 1.34mg (8.91%), Magnesium: 33.57mg (8.39%), Copper: 0.16mg (8.15%), Vitamin D: 1.02µg (6.78%), Vitamin C: 5.59mg (6.77%), Vitamin K: 6.66µg (6.34%), Vitamin B6: 0.11mg (5.25%)