



## Lemony Strawberry-Rhubarb Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



774 kcal

DESSERT

### Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 8 peppercorns black
- ☐ 0.5 teaspoon coarse salt
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup orange juice
- ☐ 2.5 cups granulated sugar
- ☐ 6 tablespoons granulated sugar divided
- ☐ 1 cup heavy whipping cream chilled divided

- ☐ 2 tablespoons lemon zest white
- ☐ 2 teaspoons lemon zest freshly grated ( 1 lemon)
- ☐ 3 cups rhubarb thick trimmed halved (6 to 7 stalks, and leaves removed)
- ☐ 0.3 cup tapioca flour
- ☐ 5 tablespoons butter unsalted divided

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ wooden spoon
- ☐ slow cooker
- ☐ pastry brush
- ☐ cheesecloth
- ☐ kitchen twine
- ☐ oven mitt

## Directions

- ☐ Prep the slow cooker and make the filling
- ☐ Soften 1 tablespoon of butter, and use it to grease the entire inside of the slow cooker crock.
- ☐ Place the lemon peel and peppercorns in a cheesecloth bag and tie with kitchen string.
- ☐ Add this bag plus the remaining butter (cut into eight pieces) and other filling ingredients to the slow cooker, and gently mix with a wooden spoon. Cover and cook on low until the fruit is

softened, about 4 hours (there will still be some liquid).

- ☐ Make the drop biscuit topping
- ☐ About 45 minutes before the fruit is finished, heat the oven to 400°F, and line a baking or cookie sheet with parchment paper.
- ☐ Whisk together the dry drop biscuit ingredients (with the exception of 1 teaspoon of the sugar) and the lemon zest in a medium-size bowl. Gently stir in 1 cup plus 1 tablespoon of the heavy cream. Use your hands to form a soft, relatively smooth dough, taking care not to overmix. Divide the dough into six balls and place on the lined baking sheet. Flatten each one to the thickness of about 1/2 inch. Then pour the remaining tablespoon of cream into a small bowl and put the remaining 1 teaspoon of sugar into another small bowl. Using a pastry brush, brush each biscuit with the cream, then sprinkle with the sugar.
- ☐ Bake until slightly golden and cooked through (when tested with a fork, it should come out clean), 20 to 25 minutes. Set the biscuits aside.
- ☐ Reduce the sauce
- ☐ Once the fruit is cooked through, carefully remove the sachet.
- ☐ Place a large strainer over a medium to large, heavy saucepan, then—using oven mitts—pour the fruit mixture into the strainer. Set the fruit (in the strainer) aside. Boil the liquid over high heat until reduced to 3 to 3 1/2 cups, about 20 minutes.
- ☐ Add the fruit to the pot with the thickened liquid, and mix.
- ☐ Serve the cobbler
- ☐ Use a ladle to divide the fruit mixture among six bowls; top each portion with a biscuit and a scoop of vanilla ice cream, if desired.
- ☐ Spotlight on: Rhubarb
- ☐ Rhubarb resembles red celery and in its raw state is very tart. A member of the buckwheat family, it needs to be washed and then cooked with sweetener to make it palatable. Look for bright, crisp stalks and fresh-looking leaves, but always remove the latter, since they can be toxic. Store rhubarb for up to 3 days in the fridge.
- ☐ Reprinted with permission from Year-Round Slow Cooker by Dina Cheney, © 2013 Taunton Press

## Nutrition Facts



 **PROTEIN 3.12%**  **FAT 27.91%**  **CARBS 68.97%**

## Properties

Glycemic Index:67.36, Glycemic Load:90.76, Inflammation Score:-7, Nutrition Score:11.926086928533%

## Flavonoids

Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 773.8kcal (38.69%), Fat: 24.65g (37.92%), Saturated Fat: 15.22g (95.12%), Carbohydrates: 137.05g (45.68%), Net Carbohydrates: 134.49g (48.9%), Sugar: 98.07g (108.97%), Cholesterol: 69.91mg (23.3%), Sodium: 386.97mg (16.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.41%), Vitamin B1: 0.36mg (23.92%), Selenium: 16.71µg (23.88%), Folate: 85.93µg (21.48%), Manganese: 0.43mg (21.38%), Vitamin K: 20.31µg (19.35%), Calcium: 192mg (19.2%), Vitamin B2: 0.33mg (19.19%), Vitamin A: 959.6IU (19.19%), Vitamin C: 13.72mg (16.64%), Iron: 2.46mg (13.65%), Vitamin B3: 2.73mg (13.63%), Phosphorus: 118.8mg (11.88%), Fiber: 2.56g (10.25%), Potassium: 290.73mg (8.31%), Vitamin E: 0.84mg (5.58%), Magnesium: 21.72mg (5.43%), Vitamin D: 0.81µg (5.4%), Copper: 0.09mg (4.74%), Vitamin B5: 0.38mg (3.78%), Zinc: 0.48mg (3.21%), Vitamin B6: 0.06mg (2.82%), Vitamin B12: 0.08µg (1.39%)