



Momma Daisy's Peach and Blackberry Cobbler

READY IN



45 min.

SERVINGS



6

CALORIES



738 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 pints blackberries fresh frozen (or 10 ounces blackberries, unfrozen)
- ☐ 0.3 cup cornmeal
- ☐ 2 tablespoons cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose plus more for work surface
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 1 cup firmly light-brown sugar packed
- ☐ 2 pounds peaches fresh frozen thawed pitted peeled sliced
- ☐ 1 pinch salt
- ☐ 2 tablespoons butter unsalted cold plus more for baking dish
- ☐ 1 teaspoon vanilla extract pure
- ☐ 6 servings whipped cream for serving
- ☐ 2 tablespoons vegetable shortening
- ☐ 1 cup milk whole

Equipment

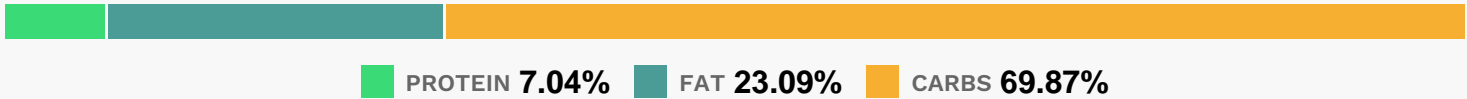
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ To make the biscuit topping, in a large bowl, whisk together the flour, cornmeal, 1/4 cup sugar, baking powder, and salt.
- ☐ Cut in the butter and shortening until the mixture resembles coarse crumbs. Using a fork, stir in the milk and egg just to combine (do not over mix). Set aside while preparing the filling.
- ☐ To make the peach filling, preheat the oven to 350°F. Generously butter a 7 × 11-inch baking dish.
- ☐ Heat the peaches, brown sugar, lemon juice, cornstarch, cinnamon, and pinch of salt in a medium saucepan over medium-high heat. Bring the peaches to a boil, stirring frequently. Reduce the heat to medium-low and simmer, stirring, until the sauce thickens and the peaches have softened, about 5 minutes.
- ☐ Remove from the heat, and stir in the vanilla and blackberries.
- ☐ Transfer the filling to the prepared baking dish.

- ☐ Use a spoon to scoop approximately 2 tablespoons of batter and use another spoon to place the batter on top of the fruit mixture. Continue with the remaining batter, covering the fruit evenly.
- ☐ Sprinkle the tops of the biscuits with the remaining 2 tablespoons granulated sugar, and bake for 25 to 30 minutes, or until the biscuits are golden brown and the filling is bubbly and thick around the edges.
- ☐ Cool for 10 minutes, then serve warm with ice cream.
- ☐ If you use frozen blackberries, do not thaw them, and toss them with 2 tablespoons of flour before combining them with the peaches.
- ☐ From Down Home with the Neelys by Patrick and Gina Neely Copyright (c) 2009 by Patrick and Gina Neely Published by Knopf.Patrick and Gina Neely are owners of Neely's Bar-B-Que in Memphis and hosts of several Food Network shows, including the series Down Home with the Neelys, one of the highest-rated programs to debut on the popular Food Network. High school sweethearts who reconciled at their ten-year reunion, they have been married since 199
- ☐ They live in Memphis with their two daughters.Paula Disbrowe collaborated with Susan Spicer on Crescent City Cooking and is the author of Cowgirl Cuisine.

Nutrition Facts



Properties

Glycemic Index:79.14, Glycemic Load:49.09, Inflammation Score:-9, Nutrition Score:27.621739076531%

Flavonoids

Cyanidin: 160.55mg, Cyanidin: 160.55mg, Cyanidin: 160.55mg, Cyanidin: 160.55mg Pelargonidin: 0.71mg, Pelargonidin: 0.71mg, Pelargonidin: 0.71mg, Pelargonidin: 0.71mg Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg Catechin: 65.89mg, Catechin: 65.89mg, Catechin: 65.89mg, Catechin: 65.89mg Epigallocatechin: 1.73mg, Epigallocatechin: 1.73mg, Epigallocatechin: 1.73mg, Epigallocatechin: 1.73mg Epicatechin: 10.89mg, Epicatechin: 10.89mg, Epicatechin: 10.89mg, Epicatechin: 10.89mg Epigallocatechin 3-gallate: 1.53mg, Epigallocatechin 3-gallate: 1.53mg, Epigallocatechin 3-gallate: 1.53mg, Epigallocatechin 3-gallate: 1.53mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 737.88kcal (36.89%), Fat: 19.42g (29.88%), Saturated Fat: 9.15g (57.18%), Carbohydrates: 132.18g (44.06%), Net Carbohydrates: 119.22g (43.35%), Sugar: 80.59g (89.55%), Cholesterol: 74.95mg (24.98%), Sodium: 332.24mg (14.45%), Alcohol: 0.23g (100%), Alcohol %: 0.05% (100%), Protein: 13.32g (26.64%), Manganese: 1.5mg (75.17%), Fiber: 12.96g (51.83%), Vitamin C: 40.37mg (48.93%), Vitamin K: 38.9µg (37.05%), Calcium: 348.7mg (34.87%), Folate: 135.07µg (33.77%), Selenium: 23.47µg (33.53%), Vitamin B2: 0.56mg (32.74%), Vitamin B1: 0.47mg (31.3%), Phosphorus: 301.78mg (30.18%), Vitamin A: 1336.39IU (26.73%), Vitamin B3: 5.04mg (25.18%), Copper: 0.5mg (24.86%), Vitamin E: 3.68mg (24.54%), Iron: 4.35mg (24.14%), Potassium: 763.69mg (21.82%), Magnesium: 79.31mg (19.83%), Vitamin B5: 1.64mg (16.37%), Zinc: 2.43mg (16.22%), Vitamin B6: 0.23mg (11.48%), Vitamin B12: 0.56µg (9.32%), Vitamin D: 0.82µg (5.44%)