



Pear Cobbler with Dried Blueberries and Stone-Ground Corn Biscuits

READY IN



45 min.

SERVINGS



10

CALORIES



509 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1 cup apple juice
- ☐ 2 teaspoons double-acting baking powder
- ☐ 6 pounds bosc pears firm cored ripe peeled cut into 1/2- to 3/4-inch pieces (12 cups)
- ☐ 2 tablespoons butter unsalted diced chilled ()
- ☐ 1 teaspoon coarse kosher salt (scant)
- ☐ 3 tablespoons cornstarch
- ☐ 9 ounces blueberries wild dried

- ☐ 0.7 cup cornmeal stone-ground (medium grind)
- ☐ 0.7 cup heavy whipping cream chilled
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.3 cup sugar divided
- ☐ 10 servings whipped cream

Equipment

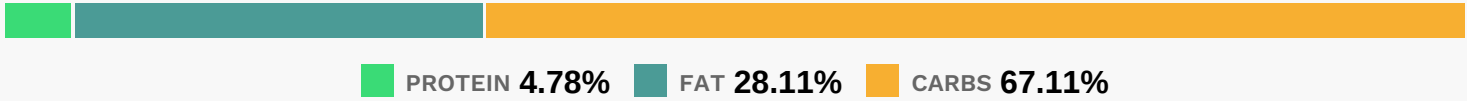
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Whisk flour, cornmeal, 1/4 cup sugar, baking powder, and 1/2 teaspoon coarse salt in large bowl.
- ☐ Add chilled butter; rub in with fingertips until mixture resembles coarse meal.
- ☐ Add cream; stir just until moistened. Gather dough together; form into 8-inch-long log.
- ☐ Cut log crosswise into eight 1-inch-thick rounds.
- ☐ Spread 3 tablespoons sugar on plate. Dip 1 cut side of each biscuit into melted butter, then dip buttered side in sugar.
- ☐ Place biscuits, sugared side up, on platter; sprinkle any remaining sugar over top. Cover and chill.
- ☐ Preheat oven to 375°F. Butter 13x9x2-inch glass baking dish.
- ☐ Place pears in large bowl.
- ☐ Add next 5 ingredients; toss.
- ☐ Let stand 10 minutes, tossing occasionally.
- ☐ Transfer pear filling to prepared dish. Dot with diced butter. Cover dish with foil.
- ☐ Bake until pears are almost tender, about 50 minutes.
- ☐ Remove dish from oven; stir dried blueberries into pear filling.

- ☐
- Place biscuits atop filling. Continue to bake uncovered until filling is bubbling thickly, biscuits are pale golden, and tester inserted into biscuits comes out clean, about 35 minutes longer (biscuits may look cracked). Cool 30 minutes.
- ☐
- Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:55.41, Glycemic Load:38.9, Inflammation Score:-7, Nutrition Score:13.373043495676%

Flavonoids

Cyanidin: 7.77mg, Cyanidin: 7.77mg, Cyanidin: 7.77mg, Cyanidin: 7.77mg Petunidin: 8.04mg, Petunidin: 8.04mg, Petunidin: 8.04mg, Petunidin: 8.04mg Delphinidin: 9.04mg, Delphinidin: 9.04mg, Delphinidin: 9.04mg, Delphinidin: 9.04mg Malvidin: 17.25mg, Malvidin: 17.25mg, Malvidin: 17.25mg, Malvidin: 17.25mg Peonidin: 5.18mg, Peonidin: 5.18mg, Peonidin: 5.18mg, Peonidin: 5.18mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 11.56mg, Epicatechin: 11.56mg, Epicatechin: 11.56mg, Epicatechin: 11.56mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 508.61kcal (25.43%), Fat: 16.57g (25.49%), Saturated Fat: 9.8g (61.25%), Carbohydrates: 89.03g (29.68%), Net Carbohydrates: 78.07g (28.39%), Sugar: 51.29g (56.99%), Cholesterol: 52.99mg (17.66%), Sodium: 379.73mg (16.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.69%), Fiber: 10.96g (43.83%), Vitamin C: 17.26mg (20.92%), Vitamin B2: 0.35mg (20.48%), Manganese: 0.4mg (19.96%), Calcium: 173.94mg (17.39%), Phosphorus: 172.52mg (17.25%), Vitamin K: 17.86µg (17.01%), Potassium: 562mg (16.06%), Copper: 0.31mg (15.28%), Vitamin B1: 0.21mg (13.96%), Vitamin A: 663.6IU (13.27%), Folate: 52.38µg (13.09%), Magnesium: 47.16mg (11.79%), Vitamin B6: 0.2mg (10.25%), Selenium: 7µg (9.99%), Iron: 1.68mg (9.31%), Vitamin B3: 1.66mg (8.29%), Zinc: 1.24mg (8.25%), Vitamin B5: 0.73mg (7.3%), Vitamin E: 0.94mg (6.26%), Vitamin B12: 0.29µg (4.79%), Vitamin D: 0.43µg (2.85%)