



today's main ingredient

A  LOCAL FOOD PODCAST



Blackberry Slump

Time: 40 minutes. This recipe uses blackberries, but use any berry you like.

Remember, a slump is steamed on the stovetop, not baked

INGREDIENTS – 4 to 6 servings

For the dumplings:

1 cup all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
2 Tablespoons sugar
2 Tablespoons butter
1/3 cup whole milk

For the berries:

4 cups fresh blackberries (if frozen, defrosted and drained)
1/2 to 3/4 cup sugar (depending on sweetness of the berries and how sweet you would like your slump to be)
1/4 teaspoon cinnamon
1 teaspoon lemon zest
1 teaspoon lemon juice
1/3 cup water

Whipping cream or vanilla ice cream for topping

STEP 1 – Make the dough: In a medium sized bowl, whisk together the flour, baking powder, salt, and sugar. Cut the butter into small cubes and add to the flour. Using a pastry cutter, two knives, or your clean hands, cut the butter into the flour until the flour resembles a coarse meal. Add the milk all at once and stir until the flour is just moistened. Handling the dough as little as possible, form into a ball. Set aside.

STEP 2 – In a 2-quart saucepan, add the berries, sugar, cinnamon, lemon juice, lemon zest, and water. Heat until boiling, stirring a few times so that the berries are well coated with the sauce.

STEP 3 – Once the berry mixture is boiling, tear off spoonful chunks from the dough ball and drop onto the fruit around the edges of the pot. You should have enough dough for 6 dumplings. Now, cover the pot and reduce the heat to a simmer. Cook for 25 minutes, without peeking at the dumplings.

To Serve – Spoon dumplings in serving bowls and top with berries and sauce. Serve hot or chilled, topped with cream, whipped cream or ice cream.