

Blackberry Slump

A slump is a New England creation—halfway between a cobbler and a British steamed pudding. Biscuit dough is dropped atop simmering fruit and covered until cooked through.

For the Berry Mixture

1 cup sugar
2 Tbsp. flour
4 cups blackberries
Juice of ½ lemon
Zest of 1 lemon

For the Dumplings

1 cup flour
2 tsp. baking powder
½ tsp. salt
2 tsp. sugar
¾ cup buttermilk or whipping cream
2 Tbsp. melted butter



Ice cream, whipped cream or cold heavy cream for serving

1. For the berry mixture, combine the sugar and flour and mix well. In a Dutch oven or skillet, combine berries, the sugar and flour mixture, lemon juice and zest.
2. Let rest for 15 minutes to allow juices to run. Then, bring berries to a simmer to dissolve the sugar. While berries are simmering, start on the dumplings.
3. For the dumplings, sift together flour, baking powder, salt and sugar. Heat buttermilk or whipping cream and butter just until butter melts, and then add it to the flour mixture. Stir to combine.
4. Drop heaping teaspoons of dumpling batter onto the berry mixture. Place the lid back on the skillet and simmer without disturbing for 15 to 20 minutes. Dumplings should puff up and be dry inside.
5. Serve warm with a scoop of ice cream, whipped cream or cold heavy cream.

Makes about 6 to 8 servings