

# SUPERCHARGE YOUR SUMMER

# FOOD & WINE

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AUGUST 2016

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For  
August's best  
salad, toss  
tomatoes and  
nectarines  
with feta.  
RECIPE P. 110

+  
**WHY WE'RE  
OBSESSED  
WITH  
PROVENCE**

# BIG IDEAS

## THE GASTRONAUT FILES

### Even Easier Than Pie

Two simple doughs are all Kansas City pastry chef Megan Garrelts needs to transform pans of fruit into crowd-pleasing summer desserts.

Pie-obsessed residents of Kansas City, Missouri, flock to Megan Garrelts's Bluestem and Rye all week long. At home on summer Sundays, however, Garrelts favors simpler cobblers or pandowdies. These all-American desserts are easier to make than pie and even better showcases for the juiciest farm-stand finds. [bluestemkc.com](http://bluestemkc.com), [ryekc.com](http://ryekc.com). —TINA UJLAKI

These superlight cornmeal biscuits have twice the corn for extra flavor.

## Blueberry-Nectarine Pandowdy

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Active: 45 min; Total: 3 hr; Serves 8

*Nectarines are Garrelts's favorite summer fruit. Here she tosses slices with blueberries, sweet spices and ginger and tops them with a lemon-lime sugar cookie dough.*

### SUGAR COOKIE DOUGH

- 3/4 cup all-purpose flour
- 1/4 tsp. baking powder
- 1/4 tsp. kosher salt
- 4 1/2 Tbsp. unsalted butter, softened
- 1/2 cup sugar
- 1/4 tsp. pure vanilla extract
- 1 1/2 tsp. finely grated lemon zest plus 1 1/2 tsp. fresh lemon juice
- 1 1/2 tsp. finely grated lime zest plus 1 1/2 tsp. fresh lime juice
- 2 Tbsp. beaten egg (1/2 large egg)

### PANDOWDY

- Unsalted butter, for greasing
- 1/2 cup granulated sugar
- 1/2 tsp. ground cinnamon
- 4 cups sliced nectarines (4 to 5)
- 4 heaping cups blueberries
- 1/4 cup cornstarch
- 1 Tbsp. finely grated orange zest plus 1/2 cup fresh orange juice
- 2 tsp. finely grated peeled fresh ginger
- 2 tsp. brandy
- 1 tsp. ground ginger
- 1/2 tsp. ground cardamom
- 1/2 tsp. grated nutmeg
- Heavy cream, for brushing
- Ice cream, for serving

- 1. Make the sugar cookie dough** In a medium bowl, sift the flour with the baking powder and salt. In a large bowl, beat the butter and sugar with a hand mixer at medium-high speed until light and fluffy, about 3 minutes. Beat in the vanilla, lemon zest, lemon juice, lime zest and lime juice, scraping down the side of the bowl as necessary. Beat in the egg. With the mixer at low speed, beat in the dry ingredients, scraping down the side of the bowl as necessary; the dough will be very soft.
- 2. Scrape the dough out onto a sheet of plastic wrap and roll into a 9-inch log. Flatten the log into a 2-inch-wide rectangle, about 1 inch tall. Refrigerate until very firm, at least 2 hours.**
- 3. Make the pandowdy** Preheat the oven to 350°. Butter a 9-by-13-inch glass, ceramic or metal baking dish and sprinkle with 2 tablespoons of the sugar; turn to coat the pan with sugar.
- 4. In a small bowl, mix 2 tablespoons of the sugar with the cinnamon. In a large bowl, toss the nectarines and blueberries with the remaining 1/4 cup of sugar and the cornstarch, orange zest, orange juice, grated ginger, brandy, ground ginger, cardamom and nutmeg. Spread the fruit in the prepared dish.**
- 5. Using a sharp knife, slice the rectangle of cookie dough 1/4 inch thick. Arrange the slices over the fruit in a graphic or random pattern; they will spread during baking. Brush the dough with heavy cream and sprinkle with the cinnamon sugar. Bake the pandowdy until the cookie dough is golden brown and the fruit is bubbling, about 45 minutes. Serve warm, with ice cream.**

**MAKE AHEAD** The cookie dough can be refrigerated for 2 days.



## Mixed-Fruit Cornmeal Cobbler ↑

Active: 45 min; Total: 2 hr 30 min; Serves 8

*This cornmeal-biscuit dough is light and not too sweet. Cut the biscuits in any size rounds, or in fanciful shapes if you prefer.*

### CORNMEAL BISCUITS

- 1 3/4 cups all-purpose flour
- 1/4 cup corn flour
- 1/4 cup fine cornmeal
- 1/4 cup sugar
- 2 tsp. finely grated lemon zest
- 1 1/2 tsp. baking powder
- 1/8 tsp. baking soda
- 1 tsp. kosher salt
- 1 stick cold unsalted butter, cubed
- 1/2 cup plus 2 Tbsp. buttermilk

### COBBLER

- 1/2 cup honey
- 1/2 cup light brown sugar
- 1/4 cup fresh lemon juice
- 1 Tbsp. ground cinnamon
- 1/2 tsp. kosher salt
- 1/3 cup cornstarch mixed with 1/4 cup water
- 8 cups raspberries, pitted cherries and sliced plums
- Heavy cream, for brushing
- 2 Tbsp. turbinado sugar
- Lemon thyme sprigs
- Whipped cream, for serving

- 1. Make the biscuits** In a food processor, combine the all-purpose flour, corn flour, cornmeal, sugar, lemon zest, baking powder, baking soda and salt; pulse to blend. Add the butter and pulse until the mixture resembles coarse meal. With the machine on, drizzle in the buttermilk. Turn the dough out onto a work surface and knead just until it comes together. Pat the dough into a 1-inch-thick disk, wrap in plastic and refrigerate until firm, at least 1 hour.
- 2. Preheat the oven to 350°. Butter a 3-quart baking dish. On a lightly floured work surface, roll out the dough 1/2 inch thick. Using a 2-inch biscuit cutter, stamp out rounds, rerolling the scraps.**
- 3. Make the cobbler** In a large bowl, mix the honey with the brown sugar, lemon juice, cinnamon and salt. Stir and add the cornstarch mixture, then add the fruit and toss gently. Spread the fruit in the prepared pan and top with the biscuits. Brush the biscuits with cream and sprinkle with the turbinado sugar. Bake until the fruit is bubbling and the biscuits are golden, about 45 minutes. Garnish with lemon thyme and serve warm, with whipped cream.

## Step-by-Step Pandowdy

Pandowdies (you've got to love the name) belong to the family of Colonial American dough-topped fruit desserts that includes cobblers, betties, crisps, grunts, slumps and buckles. Garrelts tops her blueberry-nectarine version with sugar cookie dough. Cutting rectangles from a slice-and-bake log makes the soft dough easy to work with.



1

**MAKE THE TOPPING** Prepare sugar cookie dough, pat into a rectangle and chill until firm. Slice the dough 1/4 inch thick.



2

**PREP THE FRUIT** In a large bowl, combine nectarines and berries with sugar, spices, cornstarch and orange juice. Toss well.



3

**FILL THE PAN** Spread the nectarines and berries in an even layer in a baking pan or a glass or ceramic baking dish.



4

**ARRANGE THE TOPPING** Place the cookie dough on the fruit any way you like; it will spread during baking. Brush with cream.



5

**SPRINKLE ON SUGAR** For a light crunch and a note of spice, sprinkle the cookie dough with cinnamon sugar.



6

**BAKE AND SERVE** Cook the pandowdy until the fruit is bubbling and the cookie topping is crisp. Serve with ice cream.

### + HUNGRY FOR MORE?

For more cobblers, crisps and buckles, go to [foodandwine.com/summer-fruit](http://foodandwine.com/summer-fruit).