



Rating:

Blackberry Grunt

Courtesy Alton Brown, "Good Eats"

Food that talks! (Or at least talks like this guy I knew in high school.) A delicious, if a bit noisy, concoction. Be sure to make two, or the guests will grunt for more...

9½ oz all-purpose flour, approx. 2 cup

2 tsp baking powder

1 tsp kosher salt

¼ tsp baking soda

2 oz unsalted butter, cut into small pieces and chilled

1 cup buttermilk

1 lb 3 oz fresh or frozen blackberries; approx 4 cup

1 cup sugar

1 cup water

½ tsp ground ginger

Heat oven to 400° F. Place a piece of foil on bottom rack of the oven to catch drippings. Place flour, baking powder, salt and soda in the bowl of a food processor and process for 3-4 short pulses. Pour the mix into a large mixing bowl and, using your hands, work the butter into the flour until about half the fat disappears and the rest is left in pea-sized pieces. Make a well in the center of the mix and add buttermilk and stir just until it comes together. Turn mix out onto parchment lightly dusted with flour and shape into a ball. Wrap and store in refrigerator.

Combine blackberries, sugar, water and ginger in a large mixing bowl. Pour mixture into a 10-inch cast iron skillet over medium heat. Bring to a simmer, then decrease heat to medium-low and continue to cook, stirring often, for 15 minutes; liquid should be thick enough to coat spoon. Take dough from cooler and gently drop it on the fruit using a 1-oz disher or large spoon. Distribute the dough balls evenly over the surface of the fruit. Bake in oven for 15 to 20 minutes, or until top is just starting to brown. Remove from oven and let stand for 15 minutes to cool. (This may be the hardest part.)

Yield: Six to Eight servings (if you can keep the guests from going for seconds)

Preparation time: 15 minutes

Cooking time: 1 hour

