

# Patchwork Cobbler

Scott Peacock

*Southern Living Magazine - July 2013*

## Servings: 10

### CRUST

2 cups all-purpose flour  
3 tablespoons granulated sugar  
1/4 teaspoon table salt  
1 cup cold butter, cut into pieces  
1 large egg yolk  
3 tablespoons ice-cold milk

### FILLING

8 cups (three pounds) firm, ripe peaches, peeled and sliced  
6 cups (two pounds) red plums, sliced  
2 cups fresh blueberries  
2 teaspoons vanilla extract  
1 3/4 cups granulated sugar  
1/2 cup all-purpose flour  
1/4 cup butter, melted  
1 large egg  
sanding sugar OR sparkling sugar

Prepare the crust: In a large bowl, stir together the flour, sugar and salt. Cut the butter into the flour mixture with a pastry blender until the mixture resembles coarse meal. Whisk together the egg yolk and milk; stir into the flour mixture just until the dough starts to form a ball. Shape the dough into a flat disk using lightly floured hands. Wrap the disk in plastic wrap and chill for one to twenty-four hours.

Prepare the filling: Preheat the oven to 425 degrees. In a large bowl, place the peaches, plums, blueberries and vanilla extract. Stir together the sugar and flour. Sprinkle over the peach mixture and gently stir. Spoon into a lightly greased 13x9-inch or shallow 3-quart baking dish. Drizzle with the melted butter.

Place the dough disk on a lightly floured surface; sprinkle with flour. Place a piece of plastic wrap over the dough disk. (This makes the dough easier to roll.) Roll the dough into 1/8-inch to 1/4-inch thickness. Cut into two-inch squares. Arrange the squares in a patchwork pattern over the peach mixture, leaving openings for the steam to escape.

Whisk together the egg and two teaspoons of water. Brush the dough with the egg mixture. Sprinkle with the sanding or sparkling sugar.

Bake on the lowest oven rack for 40 to 55 minutes or until the crust is deep golden and the peach mixture is bubbly, shielding the edges with foil during the last 5 to 10 minutes to prevent excessive browning. Transfer to a wire rack and cool for one hour.

---

Per Serving (excluding unknown items): 499 Calories; 24g Fat (43.4% calories from fat); 5g Protein; 67g Carbohydrate; 2g Dietary Fiber; 105mg Cholesterol; 303mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 4 1/2 Fat; 2 1/2 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	499	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	43.4%	<b>Vitamin B12 (mcg):</b>	.2mcg
<b>% Calories from Carbohydrates:</b>	53.0%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	3.6%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	24g	<b>Folacin (mcg):</b>	56mcg
<b>Saturated Fat (g):</b>	15g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	7g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	3
<b>Cholesterol (mg):</b>	105mg	<b>% Daily Value:</b>	0.0%
<b>Carbohydrate (g):</b>	67g		
<b>Dietary Fiber (g):</b>	2g		
<b>Protein (g):</b>	5g		
<b>Sodium (mg):</b>	303mg		
<b>Potassium (mg):</b>	76mg		
<b>Calcium (mg):</b>	19mg		
<b>Iron (mg):</b>	2mg		
<b>Zinc (mg):</b>	trace		
<b>Vitamin C (mg):</b>	4mg		
<b>Vitamin A (i.u.):</b>	953IU		
<b>Vitamin A (r.e.):</b>	234RE		

**Food Exchanges**

<b>Grain (Starch):</b>	1 1/2
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	1/2
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	4 1/2
<b>Other Carbohydrates:</b>	2 1/2

**Nutrition Facts**

Servings per Recipe: 10

**Amount Per Serving**

**Calories** 499                      **Calories from Fat:** 217

**% Daily Values\***

<b>Total Fat</b> 24g	38%
Saturated Fat 15g	73%
<b>Cholesterol</b> 105mg	35%
<b>Sodium</b> 303mg	13%
<b>Total Carbohydrates</b> 67g	22%
Dietary Fiber 2g	6%
<b>Protein</b> 5g	
<b>Vitamin A</b>	19%
<b>Vitamin C</b>	6%
<b>Calcium</b>	2%
<b>Iron</b>	10%

\* Percent Daily Values are based on a 2000 calorie diet.