

Pear Cobbler - Freeze Dried Pantry

This recipe will make 1 - 8"x11" cobbler



Ingredients

Filling:

12 cups freeze dried pear slices
¼ - ½ cup sugar
¼ tsp cinnamon
3 Tbsp water
1 Tbsp cornstarch
1 Tbsp lemon juice

Topping

1 ½ cups all-purpose flour
⅓ cup brown sugar
1 Tbsp baking powder
¼ tsp salt
⅔ cup milk
3 Tbsp unsalted butter, melted

Directions:

1. Rehydrate the freeze-dried pears by placing them in a bowl of cold water. Let them soak until tender, then strain and set aside.
2. Preheat the oven to 375°F and grease an 8 x 11-inch oven-safe glass or ceramic baking dish.
3. Spread the rehydrated pears evenly in the baking dish. Sprinkle it with lemon juice, sugar, and cinnamon.
4. In a small bowl, mix water and cornstarch until dissolved. Pour the mixture over the pears, stir gently, and set aside.
5. In a separate mixing bowl, combine flour, sugar, baking powder, and salt.
6. Add milk and melted butter to the dry ingredients and stir lightly until just moistened. Do not overmix.
7. Drop spoonfuls of the topping onto the pear mixture, forming mounds. Lightly spread each mound with the back of a spoon or spatula, but do not cover all the pears.
8. Bake for approximately 25 minutes, or until the topping is golden brown and fully baked inside. To check for doneness, lift a piece of the topping slightly to see if it is still unbaked inside.
9. If the topping is browned on the outside but still undercooked inside, tent the dish with foil to prevent over-browning. Lower the oven temperature to 325°F and bake for up to 15 more minutes until the topping is fully set.
10. Remove from the oven and let cool on a wire rack.
11. Serve warm. The cobbler can be reheated if needed.
12. Store leftovers appropriately, either covered at room temperature for a short period or refrigerated for longer storage.

Rehydration:

Not applicable

Notes:

This recipe can also be made using freeze dried apple slices

Nutritional Value Per 1 cup serving

Calories: 143 Protein: 2.4 g Fat: 3.2 g Carbohydrates: 26.3 g Sugar: 12 g Fiber: 1.75 g