

Fruit Slump/Grunt

Different names for the same dessert, these are fruit fillings cooked in a tightly covered skillet on the stovetop under a layer of soft biscuit or dumpling batter. As the fruit bubbles in the skillet, the steaming dough or batter “slumps” down, thus giving the dessert its name. Some say the fruit makes a grunting noise as it stews, hence the other name. For this to happen, the fruit filling contains more liquid than the other desserts. A slump or grunt was popular in the summertime because the oven wasn't necessary. In a short time, you could have a delicious dessert.

Make the Filling

4 to 4 1/2 cups fresh fruit of your choice

1/3 cup maple, coconut, or organic cane sugar

½ cup orange juice

½ cup water

- Combine the fruit and sweetener in a 9-inch saucepan with a tight-fitting lid. The pan should be at least 3 inches deep. Add the orange juice and water and stir to blend. Depending on the sweetness of the fruit being used and your personal preference, the amount of sugar needed may need to be increased or decreased.
- Place over medium heat and bring to a full boil, stirring frequently. Reduce the heat to low, cover with the lid slightly ajar, and simmer for 4 to 5 minutes.
- Fruit can be cooked ahead and reheated when you are ready to proceed.

Make the biscuit topping

1/2 cup whole wheat pastry flour

1/2 cup unbleached all-purpose flour

1/4 cup maple sugar or finely ground coconut sugar

2 tsp aluminum-free baking powder

1 tsp baking soda

1/4 tsp fine sea salt

1/2 cup almond or soymilk

1 1/2 tbsp mild tasting extra virgin olive oil or neutral vegetable oil

3/4 tsp pure vanilla extract

2 tsp freshly grated orange or lemon zest

maple syrup and/ or a granulated sweetener for brushing the cooked biscuits, optional

- Whisk, measure and sift together the flours, sugar, baking powder, baking soda and salt together.
- Combine the milk with the oil, vanilla, and zest. Pour the wet mixture into the dry mixture and stir with a wooden spoon or spatula, just until a soft batter forms.
- Using 2 tablespoons to form a round, carefully drop rounds of batter onto the simmering fruit mixture. Cover the saucepan with a tight-fitting lid or piece of aluminum foil and return to a simmer. Cook over low heat, without uncovering, for 25 minutes. The biscuits will feel firm to the touch and be slightly brown in color when they are cooked.
- Using a pastry brush, lightly coat the top of the biscuits with maple syrup and/or sprinkle with cinnamon sugar, if desired.
- Cool for 10 to 15 minutes before serving. Spoon a portion of biscuit and fruit into bowls and top with a scoop of natural flavored non-dairy ice cream, if desired.
- Store any leftover slump covered with parchment paper at room temperature for up to 24 hours.