

Grunts, Slumps, Cobblers, Crisps and their Cousins, Buckle, Betty, Sonkers

- These are old time, thrifty fruit-based desserts with regional differences.
- They are easy to veganize, and to make healthier than the original recipes.
- Vary the fruit
- Vary the dough and /or topping.
- Consider seasonality.
- Combine fillings and toppings in different ways.
- And write down what you do.

This is extended family of old-fashioned desserts, cooked at home and made with some variation from kitchen to kitchen. The recipes were passed down orally and often not written down. Like my grandma's recipes!

Therefore, definitions are hard to agree upon. These desserts were thrifty and #nofoodwaste, made to use up bits of breads and fruit that was almost past using.

From *The Foxfire Book of Appalachian Cookery*, 1894, Ruth Hocomb's ***Applesauce Pie***

- Slice biscuits left over from breakfast or last night's supper.
- Spread applesauce over them. You may stir cinnamon in.
- Make as many layers as you like, ending with applesauce on top.
- Sprinkle with brown sugar. That will melt and make a crust on top.

Essential Vegan Desserts includes a Unit on Rustic Desserts, ie: These desserts

- **Slump, Grunts:** Juicy fruit filling, soft biscuit dough steams on the stove top.
Yankee Magazine concluded: **The Brown Betty Rule of slumps and grunts is: “There is no Rule!”**
- The fillings contain a lot of liquid and no starch slurry. The pan must be tightly closed. This is because the topping actually steams.
- Serve straight from the pan, as is or with a cream, or ice cream.
- When the Slump/Grunt sits for a few hours or overnight, the juicy fruit filling settles into the topping and to me is more like a no crumb topped **Buckle**.
- **Buckle:** Generally, berries folded into cake batter, often a crumb topping is added.
- A Buckle is traditionally made with berries mixed into a simple cake batter.
- Often a crumb topping added.
- The batter is said to buckle while the dish bakes.
- Serve in squares, directly from the baking dish.
- **Cobbler:** Fruit baked with a crust, often a thick biscuit dough.
- EVD's version is made by
 - melting butter, vegan in a hot baking dish- cast iron is nice.
 - Mixing a 1-bowl soft batter
 - Topping the batter with sliced fruit, berries.
 - The fruit is not stirred into the batter.
- Recently., I've seen non-vegan versions of this recipe called **LAZY COBBLER** and based on very old recipes. Some are already egg-free.
- I'm going to make this with cherry tomatoes, basil and rosemary.
- **Crisp:** Fruit filling topped with a mixture of butter, sugar, flour, sometimes nuts rubbed together to make big fat crumbs. Or layer premade granola on top of a fruit filling
- When crumbs are layered with the fruit, you've got a **Brown Betty**.
 - **Early Bettys were made with stale bread, use whole grain or cake crumbs**
- **Crumble:** English cousin to our crisp, the topping often **oats** are added.
- **Pandowdy:** Sliced fruit, traditionally apples, topped with pie dough cut up and pressed into the fruit during the final few minutes of baking, This is dowdying. Early versions used bread.
- **Sonkers:** Most agree that the sonker's history runs back to when people from Scotland settled in Surry County, NC. The Scottish had a word similar to sonker meaning “a little of this or that,” but others believe it referred to a small, grassy knoll.^[1]_{SEP}

Or..It's an unanchored pie crust on a loose fruit filling, given the name either for its habit of sinking into the fruit—sinker morphed into sonker—or for its resemblance to a seat or saddle, which the region's Scottish settlers called a sonker.

Or... it looks just like a Cobbler or Slump. Sometimes served with a Milk Dip

It was particular to Surry County, NC. And some natives say it's only a Sonker when made with Sweet Potato.