



SUMMER BERRY SLUMP

Makes 6 Servings

INGREDIENTS

- 1 cup unbleached wheat flour (can substitute gluten free)
- ¼ cup cornmeal
- 1 ½ tsp baking powder
- ½ tsp kosher salt
- 3 Tbsp cold butter, chopped (can substitute with vegan butter)
- ¼ cup buttermilk (can substitute with whole milk or plant-based milk)
- 4 cups berries (fresh or frozen), we used strawberries, blueberries, raspberries, and blackberries
- ½ cup organic brown sugar
- 1 Tbsp cornstarch
- ½ tsp cinnamon
- ¼ tsp cardamom
- ½ cup water
- 1 Tbsp lemon juice
- 1 tsp lemon zest
- Vanilla ice cream, for serving

DIRECTIONS

1. In a medium mixing bowl, whisk together flour, cornmeal, baking powder, and salt. Cut in butter with a pastry cutter or fork until the mixture resembles coarse crumbs.
2. Make a small well in the center of the mixture, and pour in milk and buttermilk. Toss with a fork until mixture is evenly moistened. Dough will be very sticky and shaggy. Divide into 6 portions and set aside.
3. Add fruit to a 4 qt saucepan. Whisk together brown sugar, cornstarch, cinnamon, and cardamom in a small bowl. Toss with fruit. Stir in water, lemon juice, and zest. Bring to a boil.
4. Drop dumpling dough portions onto the hot fruit mixture. Cover and reduce heat to a simmer. Cook for 25 minutes, or until the dumplings are done. Serve warm with vanilla ice cream.