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Strawberry Pandowdy

Topping

- ¾ Cup white whole-wheat flour (see Note)
- 1 Teaspoon sugar
- ¼ Teaspoon salt
- 3 Tablespoons cold butter, cut into small pieces
- 2-3 Tablespoons ice water

Filling

- 6 Cups hulled strawberries (about 2 pounds), fresh or frozen, halved if large, or any combination of mixed berries
- 1/3 Cup sugar
- 3 Tablespoons white whole-wheat flour
- ½ Teaspoon ground cinnamon

- 1) To prepare topping: Combine ¾ cup flour, 1 teaspoon sugar and salt in a food processor and pulse to blend. Add pieces of butter one at a time, pulsing after each addition, until the mixture resembles crumbly sand. Add water, 1 tablespoon at a time, pulsing until the mixture begins to form a ball. (Alternatively, combine flour, sugar and salt in a bowl. Add butter pieces and, with your fingers, quickly rub them into the dry ingredients until smaller but still visible. Stir in water, 1 tablespoon at a time, until the mixture begins to form a ball.) Transfer the dough to a piece of plastic wrap, shape into a square or round disk (depending on the shape of your baking dish), tightly wrap and refrigerate for at least 30 minutes.
- 2) Preheat oven to 400°F.
- 3) To prepare filling: Toss berries with 1/3 cup sugar, 3 tablespoons flour and cinnamon in a large bowl. (If using frozen fruit, let stand for about 30 minutes, stirring occasionally, to thaw the fruit before transferring to the baking dish.) Transfer to an 8- or 9-inch shallow glass or ceramic baking dish.
- 4) Roll out the chilled dough on a lightly floured surface with a lightly floured rolling pin until it's roughly the size of your baking dish. Fold the dough in half over the rolling pin to help you transfer the dough to the fruit. Place the dough over the fruit and tuck any overhanging dough into the edges of the dish. Make 8 to 10 small slits in the dough to vent steam. Place the baking dish on a baking sheet to catch any drips.
- 5) Bake for 30 minutes. Remove from the oven and, with the tip of a knife, cut the crust into 2-inch squares. Use a small spatula or spoon to press the squares of crust into the fruit until they're about halfway submerged. This is called "dowdying."
- 6) Reduce oven temperature to 350°, return the pandowdy to the oven, and bake until browned and bubbly, 30 to 40 minutes more. Let cool for about 20 minutes before serving.

Tip: Refrigerate the dough (Step 1) for up to 3 days or freeze for up to 3 months.

Note: White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large -supermarkets and natural-foods stores and online at bobsredmill.com or kingarthurfLOUR.com. Store it in the freezer.

Makes 6 servings

