

Blackberries and Dumplings

©From the Kitchen of [Deep South Dish](#)

INGREDIENTS

For the Berries:

- 2 tablespoons cornstarch
- 2 tablespoons water
- 1 quart (about 4 cups) fresh blackberries
- 1 cup granulated sugar, or to taste
- 2 cups water
- 1 small lemon, zested and juiced
- 1/8 teaspoon kosher salt
- 1 tablespoon unsalted butter

For the Dumplings:

- 1 cup all-purpose flour
- 3 tablespoons granulated sugar
- 2 teaspoons baking powder
- 1/4 teaspoon kosher salt
- 2 tablespoons unsalted butter, softened
- 1/3 cup whole milk

INSTRUCTIONS

1. Mix together cornstarch and 2 tablespoons water; set aside.
2. Add blackberries and sugar to a large saucepan; toss and let rest for 30 minutes, longer if they were refrigerated, stirring several times. Taste and add additional sugar if desired.
3. Add the 2 cups water, lemon juice, zest and salt; stir and bring to a boil.
4. Stir in cornstarch slurry, boil 2 minutes reduce to a bare bubble simmer; add butter.
5. Meanwhile, whisk together the flour, sugar, baking powder and salt.
6. Add butter and milk and mix together to form a shaggy dough.
7. Drop spoonfuls of dumpling dough on top of stewed blackberries, cover and simmer for 20 minutes without lifting cover.
8. Uncover, remove from heat and let rest for 10 minutes.
9. Spoon dumplings over vanilla ice cream or into a serving bowl, spooning sauce on top. Add a dollop of whipped cream if desired.

NOTES

Number of dumplings depends on how you drop them. I use a small cookie scoop and get about a dozen dumplings, although if you have your simmer too high, some will break down. May also make with other berries.

Images and Full Post Content including Recipe ©Deep South Dish. Do not copy and paste elsewhere without explicit permission. All rights reserved.