

BLUEBERRY-GINGER SLUMP



FROZEN BAVARIAN CREAM

Ginger may be a miracle flavor in savory fare, but it can be something like napalm in desserts. With added sugar, it can TKO all else. We find that blueberries are one of its best matches. They offer a slightly herbaceous edge that keeps the ginger in balance. Still, that ginger needs to meet its match—and it will definitely do so with our take on Bavarian cream. Put away the ice cream maker: this is not an ice cream. It’s a frozen sauce, pillowy soft. Add its uptown texture to the down-home slump and you’ll know why we find this a most intriguing duo.

BLUEBERRY-GINGER SLUMP

• YIELD: 6 OR 8 BOWLFULS •



A slump is another old-school dessert, sort of like a fruit cobbler—or maybe like a dessert version of pot pie. It’s messier than either, the fruit mixture wet and thick, shellacking the biscuitlike topping as it bakes. In fact, the biscuits “slump” into the filling, thereby giving you a firm texture on top with soft, rich undersides. It’s wonderfully sumptuous.

FOR THE FILLING

- 5 cups fresh blueberries
- ½ cup granulated white sugar
- ½ cup water
- 1 tablespoon fresh lemon juice
- 1 tablespoon minced peeled fresh ginger
- 1 tablespoon cornstarch
- ½ teaspoon ground cinnamon
- ½ teaspoon ground dried ginger
- ¼ teaspoon salt

FOR THE TOPPING

- 1½ cups self-rising flour, preferably self-rising white Southern biscuit flour
- 3 tablespoons cold unsalted butter, cut into small bits
- 1 tablespoon plus 2 teaspoons granulated white sugar
- 6 tablespoons whole milk
- ½ teaspoon ground cinnamon

TO MAKE THE FILLING

1 • Mix the blueberries, sugar, water, lemon juice, fresh ginger, cornstarch, cinnamon, dried ginger, and salt in a 4-quart oval French casserole or Dutch oven. Set over medium heat and bring to a boil, stirring often.

2 • Reduce the heat to low and simmer, uncovered but stirring occasionally, until thickened, like warm, melted jam out of the microwave, about 10 minutes.

TO MAKE THE TOPPING AND FINISH UP

3 • Put the self-rising flour, butter, and 1 tablespoon of sugar in a food processor. Cover and pulse until the butter has been finely ground into the flour. Add the milk, cover, and pulse a few times to form a somewhat wet dough. Drop by rounded spoonfuls onto the top of the blueberry mixture. Cover and simmer for 15 minutes.

4 • Mix the remaining 2 teaspoons sugar and the cinnamon in a small bowl. Sprinkle over the dumplings and continue simmering, covered, until the sugar has melted into a glaze, about 5 minutes more.

5 • Uncover and cool the slump off the heat for at least 30 minutes or to room temperature before serving in bowls. Store tightly covered in the refrigerator for up to 1 day (breakfast!).

PRO TIP • Soft white wheat flour, particularly the self-rising variety, has been a staple of Southern biscuit-making for years. It gives the biscuits a super-tender texture. Look for brands like White Lily or King Arthur, either in large supermarkets or from online suppliers.

FROZEN BAVARIAN CREAM

• YIELD: ONE 9 X 5-INCH FROZEN LOAF BAVARIAN CREAM •



Bavarian cream (*crème bavaroise* in its chef-school nomenclature) is pastry cream thickened with gelatin rather than flour or cornstarch. It's often chilled until firm, then unmolded—except we decided to freeze it, not in an ice-cream maker, but in a loaf pan. To get the right texture, you must beat and beat the egg yolk mixture—if you think you're overbeating it, you'll get it about right. But don't beat the egg whites until they're stiff and don't beat the cream until it's buttery. These should be soft to give the frozen concoction a marshmallowy, luxurious texture.

1½ cups whole milk

One ¼-ounce package unflavored powdered gelatin

4 large egg yolks, at room temperature

12 tablespoons granulated white sugar

1 tablespoon pure vanilla extract

3 large egg whites, at room temperature

½ cup heavy cream

TO MAKE THE THICKENED CUSTARD

1 • Mix ¼ cup of the milk and the gelatin in a small bowl. Set aside for 5 minutes until the gelatin dissolves and stiffens the milk.

2 • Heat the remaining 1¼ cups milk in a large saucepan set over medium heat until puffs of steam come up off its surface.

3 • Meanwhile, beat the egg yolks and 6 tablespoons of sugar in a large bowl with an electric mixer at medium speed until thick and pale yellow, until wide ribbons slide off the turned-off beaters, about 4 minutes. Beat in the vanilla extract.

4 • Beat in about half the hot milk in a slow, steady stream until smooth, then beat this combined mixture into the remaining milk mixture in the pan. Set the pan over low heat and cook, stirring almost constantly, until the mixture thickly coats the back of a wooden spoon, 4 to 6 minutes.

5 • Stir in the gelatin mixture until smooth, then pour into a clean bowl and refrigerate until cooled and just starting to set up, about 2 hours.

TO MAKE THE REMAINING COMPONENTS

6 • Beat the egg whites in a large bowl with an electric mixer at low speed until foamy, then at medium speed and finally at high speed until they can form droopy points and peaks when the turned-off beaters are dipped into them. Beat in the remaining 6 tablespoons sugar in 2-tablespoon increments, beating at high speed until you can no longer feel any grainy sugar in the mixture when rubbed between your fingers. Set aside. Clean and dry the beaters.

7 • Beat the heavy cream in a second large bowl with the mixer, fitted with the clean beater, at high speed until it can hold its shape on a spoon, about 3 minutes.

TO PUT IT TOGETHER

8 • Using a rubber spatula, fold the egg white mixture into the chilled custard until smooth. Fold in the beaten cream until smooth.

9 • Line a 9 x 5-inch loaf pan with plastic wrap. Spoon and spread the chilled Bavarian cream into the pan. Cover with plastic wrap and freeze for at least 8 hours or up to 1 week. Store, tightly covered in the freezer for up to 1 month.

À LA MODE IT • Unmold the Frozen Bavarian Cream on a cutting board and unwrap it. Using a sharp, heavy knife, slice it the short way into 1-inch-thick pieces. Set these in bowls, then spoon the warm slump on top.

PRO TIP • Use a metal loaf pan. Plastic wrap sticks irredeemably to glass, making it impossible to get a smooth coating.

