

RECIPE

Peach Cobbler with Toasted Meringue



Peach Cobbler is one of my wife's favorite desserts, and for good reason - juicy peaches, moist cake, the little bits that caramelize to the bottom of the pan. From the oven to your mouth, it's an amazing sensory experience!

The best way I have found to create the best peach cobbler, is to create it with as few ingredients as possible, letting the cobbler really speak for itself.

Vegan, sugar and gluten-free Peach Cobbler

Cobbler

1 quart sugar-free jarred peaches

2 Cups sifted oat flour

1 Tbsp Cinnamon

2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

Meringue

1 cup aguafaba (liquid from a can of chickpeas)

3/4 cup honey

1 tsp vanilla extract

Cobbler Preparation

Heat the oven to 400 degrees.

Pour the peaches into a large cast-iron skillet, or casserole dish.

Sift together the remaining cobbler ingredients and pour them over the peaches. Stir the mixture until everything is moistened, and then smooth the mix evenly in the pan.

Bake for 30 minutes, until the top is browned and the middle is firm. Remove from the oven.

Meringue Preparation

While the cobbler is baking, prepare the meringue.

In a small saucepan, bring the honey to a boil. Watching it carefully (it will boil over), heat the honey to 240 degrees.

While the honey is boiling, pour the aguafaba into a mixer and whip on high speed until it reaches firm peaks.

When the honey reaches 240 degrees, remove it from the heat and drizzle it slowly into the aguafaba while the mixer is running. When all of the honey is drizzled in, keep the mixer running on high until the meringue is cooled to room temperature. Add the vanilla extract and mix well.

Heat the oven to “broil”, and move the oven rack to the middle of the oven.

Spread the meringue evenly over the cobbler while the cobbler is hot, working it into peaks and swirls. Place the cobbler into the oven, and cook 5 minutes, until the meringue is lightly toasted.

Serve warm.