

Peach Cobbler

Serves: 8

Prep time: 20 minutes + 1 hour rest time

Cook time: 30 minutes



1 ½ serves per portion

Ingredients

1.5kg yellow peaches, cut into eight wedges

¼ cup caster sugar

1 teaspoon cornflour

1 tablespoon lemon juice

1 teaspoon demerara or brown sugar

½ teaspoon ground cinnamon

Reduced fat vanilla yoghurt, to serve

Topping:

1 ¼ cups plain flour

¼ cup caster sugar

1 teaspoon baking powder

½ teaspoon baking soda

85g (6 tablespoons) plant-based spread/margarine

½ cup reduced fat plain yoghurt

Method

PLACE peaches and ¼ cup caster sugar in a large bowl and toss together. Set aside for 40 minutes to macerate and let the peaches leach juice and sweat.

PREHEAT oven to 210°C (200°C fan forced).

DRAIN peaches in a colander, saving the juices.

PLACE ¼ cup of the peach juice in a large bowl. Add cornflour and lemon juice. Mix well.

ADD peaches to the juice mixture and toss to coat.

POUR peaches and juice into a medium glass or ceramic baking dish. Bake for 12 minutes then remove from oven and set aside.

WHISK together flour, ¼ cup caster sugar, baking powder, and baking soda in a large bowl. Add spread and rub it in with your fingers until it resembles breadcrumbs.

ADD plain yoghurt and gently fold through until a dough is formed. Stop mixing when yoghurt is mostly mixed in with some streaks of flour still visible.

CRUMBLE lumps of the topping across the peaches. Do not fully cover the surface to allow the heat to come through and reduce the syrup. Sprinkle demerara sugar and cinnamon on top.

BAKE for 20 minutes or until topping is golden. Remove from oven and set aside for 20 minutes to allow syrup to thicken.

SERVE with reduced fat vanilla yoghurt.



Discretionary Food

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection – Canada