



# The Art of Delicious Desserts

Betty, Clafoutis, Cobbler, Buckle, Pandowdy, Grunt, Slump, Crisp, & Crumble

## *Lesson Details, Suggestions, & Notes*

### **Items Available for Use:**

- *The Art of Delicious Desserts Lesson Details, Suggestions, & Notes*
- *The Art of Delicious Desserts Presentation*
- *The Art of Delicious Desserts Recipes*
- *The Art of Delicious Desserts Press Release*
- *The Art of Delicious Desserts Flyer*
- *The Art of Delicious Desserts Tasting Sheet*
- *The Art of Delicious Desserts Definition Game*
- *The Art of Delicious Desserts Definition Game Answers*
- *The Art of Delicious Desserts CD which has all of these items available for use*
- *The Art of Delicious Desserts may also be found at [www.iahce.org](http://www.iahce.org) under the Lessons/Projects Tab*

**The Art of Delicious Desserts has been created to discuss the differences between the above listed desserts. While all share certain items in common, each is unique to its ingredients or baking method. Enjoy taking the time to learn not only from this lesson, but also from the immense amount of participant interaction that you can have with this lesson.**

### **Lesson Ideas Pre-Event:**

- ⇒ Make sure to adapt the above items to meet the needs of your county and your own information.
- ⇒ Send out press release to local paper along with posting updated flyer for your event throughout the community.
- ⇒ Ask individuals to bring in recipes of their favorite dessert to share with others. (This is also a great way to see how they describe each of these desserts.)
- ⇒ Ask certain members to make one of the desserts so that a blind taste testing and matching can be done the day of the event.
- ⇒ Invite a local reporter to come and cover the event along with promoting HCE.
- ⇒ Collect old unit cookbooks to determine if there are additional recipes like this for use in the units.

### **Lesson Ideas Day-of-Event:**

- ⇒ If you have prepared samples, allow members and guests to go around the room and fill out their tasting sheet, not revealing the answers until you are doing the presentation. Leave tasting until the end so you can show what the dessert looks like and some of its characteristics.
- ⇒ If you have not prepared samples, you can allow members to take the definition game either prior to or after the presentation giving them the correct answers once completed.
- ⇒ You can have voting jars that allow individuals to cast their vote for their favorite dessert using pennies or pieces of paper.
- ⇒ Always remember to take pictures so that you can showcase your event in award books, in the media, or in your local community.
- ⇒ If you have asked individuals to bring recipes, ask them to discuss their recipes with the group, either before or after the presentation comparing if their dessert has the correct name or not.
- ⇒ Bring extra recipe cards so that individuals can take home additional recipes from other participants besides what is included in the packet.
- ⇒ Make sure to hand out recipe sheets prior to the start of the presentation so that individuals can take notes if they would like to when the person who made the dessert is explaining it.

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### **Lesson Ideas After-the-Event:**

- ⇒ Showcase the lesson with your unit. If you have a large unit ask certain members to make one of the dessert recipes to bring.
- ⇒ If you have a smaller unit, make your favorite dessert for the group explaining why this was your favorite.
- ⇒ If you do not want to make any of the desserts, you can work through the definition game either as a group or as individuals.

### **Additional Notes for Person Doing the Presentation:**

#### **Slide 1 - Introduction Slide**

- ~Make sure to introduce yourself along with anyone who will be helping you with this lesson or who made any desserts
- ~Discuss what the lesson will be about sharing that you will be discussing each of the listed desserts

#### **Slide 2 - How Are These Desserts Connected?**

- ~Showcase the bullet points that are listed on the slide
- ~Note that some of these recipes may have multiple fruits or fruits can be changed to fit their needs
- ~You can ask them what types of fruit do they enjoy baking with? Do they have favorites?

#### **Slide 3 - A Question**

- ~Pose the question to them asking their opinion and trying to get them involved in the discussion
- ~Once you have discussed then move to slide 4

#### **Slide 4 - The Possible Answers**

- ~Talk about each point, looking for discussion or your own points of interest on each bullet point
- ~Discuss how recipes can be changed, adapted, unable to be read, or can be misunderstood by the person doing the baking
- ~Product differences, size/amount of packaging differences, substitutions

#### **Slide 5 - Let's Talk Desserts!**

- ~Introduction slide into the actual desserts
- ~Might ask if there are any questions
- ~If you are revealing the desserts as you go, if you did sampling, make sure you are prepared to explain which is which and be able to reveal as you move through the presentation

#### **Slide 6 - The BETTY**

- ~The use of spices, apples, and brown sugar is very common for this recipe
- ~There is usually more than one layer of sugary breadcrumbs
- ~You can use any type of bread that you like for the recipe
- ~Called a Brown Betty because of the brown sugar used in the recipe
- ~October 5 is National Apple Brown Betty Day

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## Slide 7 - The CLAFOUTIS

- ~Some clafoutis have a cake like batter while others have a pudding texture
- ~When making the batter, often times it is compared to the look of pancake batter
- ~Other fruits that can be used are plums, peaches, or pears

## Slide 8 - The COBBLER

- ~The cobbler gets its name from the cobblestone shape that is made by the dough on top of the fruit
- ~Filling of a usual cobbler in the UK is meat, cheese, or herbs for savory fillings
- ~A true cobbler is not covered with a pie crust

## Slide 9 - The BUCKLE

- ~A trick or flip cake has ingredients that flip or move while baking. While the berries might be placed at the top for baking, often times the berries move throughout the dessert in the baking process
- ~It is called a buckle because the berries move down through the batter buckling it, just like a road buckles in the heat
- ~Buckles are not always pretty to look at, but delicious to the taste buds

## Slide 10 - The PANDOWDY or PAN DOWDY

- ~The dessert name can be spelled either way
- ~While you can make the crust beautiful, by the end it is broken in small pieces that lay on the top of the fruit
- ~They believe the name “dowdy”, comes from the “dowdy” appearance of the crust once it is broken

## Slide 11 - The GRUNT verses The SLUMP

- ~Introduction slide for these two desserts
- ~Often times considered the same thing, but each is unique in its cooking approach

## Slide 12 - The GRUNT

- ~This dessert is unique because it is cooked on the top of the stove
- ~The fruit is stewed and the biscuit dough is steamed with a lid placed on the top
- ~It is called a grunt because of the sound the fruit makes “grunting” through the top of the dessert past the steamed dough
- ~A grunt is different than a slump because of the cooking process
- ~Peaches and blueberries make great grunts
- ~Origins are from the East Coast in the State of Massachusetts

## Slide 13 - The SLUMP

- ~Key point is that it is started on the stove top and placed in the oven to finish cooking
- ~Some use cinnamon roll dough or actual cinnamon rolls on the top of the slump
- ~It is called a slump because of the way it “lays over” on a plate when you take it from the baking dish
- ~Origins are from the East Coast in Rhode Island, Vermont, and Maine

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## Slide 14 - The Battle Begins....

- ~Many people question the difference between the crumble and the crisp
- ~The next slide describes the differences between the two desserts

## Slide 15 - The CRISP & The CRUMBLE

- ~Even though you will explain this, most will stick with the name that they used within their family
- ~American vs. British thoughts and ingredients behind the desserts
- ~Many use these two terms interchangeably

## Slide 16 - References

- ~References for the presentation and information

## Slide 17 - Final Thoughts & Questions



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