



Blueberry Bliss

YIELDS: 5 servings

PREP TIME: 40 minutes

Ingredients

Blueberries

- 1 L (4 cups) blueberries, fresh or frozen
- 75 mL (⅓ cup) sugar
- 2 mL ½ tsp cinnamon
- 125 mL (½ cup) orange juice

Batter

- 175 mL (¾ cup) all-purpose flour
- 60 mL (¼ cup) sugar
- 7 mL (1 ½ tsp) baking powder
- 1 mL (¼ tsp) salt
- 15 mL (1 tbsp.) non-hydrogenated margarine
- 1 egg
- 60 mL (¼ cup) milk
- 2 mL (½ tsp) vanilla extract

EQUIPMENT: electric skillet with lid | liquid measuring cup | 2 mixing bowls (large) | mixing bowl (small) | set of dry measuring cups | set of measuring spoons | set of bowls/plates and cutlery for sampling | spatula | spoon

Directions

1. Pre-heat skillet to medium.
2. Mix the blueberries, sugar, cinnamon, and orange juice in a large bowl and add to the skillet. Cook for 5 minutes, or until blueberries are soft and juicy.
3. Turn off heat.
4. In a medium bowl, combine flour, sugar, baking powder, and salt.
5. Add margarine and mash margarine into the flour mixture with a fork.



Figure 1: Blueberry Bliss



6. Crack egg into a medium bowl. Wash hands after handling raw egg.
7. In a small bowl, combine the egg with milk and vanilla. Stir into the flour mixture.
8. Drop batter by the spoonful on top of blueberries. Evenly distribute the batter over the top of the blueberries, don't place it too close to the edge of the pan. Be sure not to place the batter all in one area of the pan or it will not cook properly.
9. Cover and cook over medium-low heat for 15 minutes, or until batter is cooked through. Resist the urge to peek as opening the cover will stop it from cooking well!
10. Serve with whipped cream if desired.

CHEF'S TIP: Depending upon the type of skillet you are using, the distribution of heat over the surface of the skillet may vary. Start with the skillet on medium heat and monitor closely, adjust temperature as needed.