

Blueberry Ovenscakes with Blueberry Syrup



Ingredients

2 tbsp. granulated sugar
1 cup all-purpose flour
1 tsp. baking powder
1 tsp. baking soda
¼ tsp salt
1 egg
1 cup buttermilk
2 tbsp. vegetable or canola oil
1 tsp. vanilla extract
1 cup heavy cream
1 cup Florida Blueberries, fresh or frozen
½ cup real maple syrup
1 cup Florida Blueberries, fresh or frozen

Procedure

1. Preheat oven to 400°F and place two large cookie sheets in the oven to preheat. Keep the cookie sheets in the oven until the very last second before you use them.
 2. Sift together all the dry ingredients into a large mixing bowl.
 3. Mix together the egg, buttermilk, oil and vanilla until well combined. Add to dry ingredients with a whisk to ensure there are no lumps.
 4. In a separate bowl, whip the cream until stiff peaks. Fold this cream into the batter.
 5. When completed, remove one sheetpan from the oven at a time. Ladle batter into small pools on the hot sheet pan. Sprinkle with blueberries (ovenscakes will spread a bit). Place in oven, and continue with second pan.
 6. Bake for 10 minutes or until thoroughly cooked (no runny batter when pressed in the center). No need to flip the cakes, but you can if you want- just be careful since they have a delicate texture!
 7. In the meantime, combine remaining blueberries and maple syrup in a non-reactive saucepan on the stove. Bring to a simmer, and cook for a few minutes, until all the berries have popped and the syrup has a good flavor.
 8. Serve oven cakes with fresh butter, and blueberry syrup
- yields about 1 dozen oven cakes, depending on size, and 1 ½ cup blueberry syrup