

Sour Cream Blueberry Pancakes

At Stonehurst Place we cook with Organic ingredients whenever possible.

- 2 cups fresh blueberries, divided
- ½ cup granulated sugar, plus 1 Tablespoon, divided
- ¾ cup water
- 1 ⅓ cups all-purpose flour
- 1 teaspoon sea salt, fine
- 1 ½ teaspoon aluminum-free baking powder
- ¼ teaspoon freshly grated nutmeg
- 1 large egg, beaten
- 1 cup sour cream
- 1 cup whole milk
- whipped cream and mint sprigs, to garnish

Method

1. Blueberry Syrup: In a small saucepan combine 1 cup fresh Organic blueberries, ½ cup Organic granulated sugar and ¾ cup water. Stir over medium heat until sugar is dissolved; raise temperature to medium-high and bring to a boil. Remove from heat and crush berries with the back of a spoon; let sit to intensify flavors and cool while you prepare the pancakes.

For a smoother syrup, puree in a blender.

2. Pancakes: In a large bowl, thoroughly combine flour, salt, baking soda, sugar and nutmeg. In a medium bowl, combine egg, sour cream and milk; add to flour mixture and stir just enough to combine all ingredients.

3. Add blueberries, gently stirring just enough to mix (but not crush) blueberries.

4. Drop batter onto a hot griddle greased with a little Organic butter. Cook pancakes until small bubbles form; when bubble open or pop flip to second side. Cook until golden on second side, then immediately remove from griddle.

5. To serve, place 3 or 4 on a plate, sprinkle with powdered sugar, and top with a dollop of whipped cream. Sprinkle the whipped cream dollop ever so lightly - just barely - with ground nutmeg. Serve with blueberry syrup.

6. Note: Recipe may be doubled and batter will keep covered in refrigerator for up to one week.



Servings/Yield

4 servings
12-16 depending on size

Categories

Pancakes & Waffles

NUTRITION FACTS

Servings: 4

Amount Per Serving

Calories: 436

Total Fat: 9.87g

Cholesterol: 26mg

Sodium: 1134mg

Total Carbs: 74.59g

Dietary Fiber: 2.93g

Sugars: 35.78g

Protein: 11.70g