

Blueberry Buckle (with optional Lemon Syrup)

Rustic Fruit Desserts (cookbook)



STREUSEL TOPPING:

- 4 tablespoons unsalted butter, cubed and chilled
- 1/2 cup sugar
- 1/3 cup flour
- 1/2 teaspoon ground cinnamon

BATTER:

- 6 tablespoons unsalted butter, at room temperature
- 1 cup sugar
- zest of 2 lemons (use the same lemons for juice in the syrup below)
- 1 1/2 cups all-purpose flour, PLUS 2 tablespoons
- 1 teaspoon baking powder, preferably aluminum-free
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon, or 1/4 teaspoon ground nutmeg
- 2 large eggs, at room temperature
- 1/2 cup buttermilk, at room temperature
- 3 cups blueberries, FRESH

LEMON SYRUP (optional)

- 1/3 cup sugar
- 6 tablespoons lemon juice

Per Serving (excluding unknown items): 312 Calories; 11g Fat (30.5% calories from fat); 4g Protein; 52g Carbohydrate; 2g Dietary Fiber; 62mg Cholesterol; 182mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 Fat; 2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 12

Adding the lemon syrup is tangy but does take some of the spotlight off the berries. If you omit it, you might want to increase the amount of cinnamon or nutmeg slightly in the batter to give it a little more pizzazz. Other fruits can be used, such as sliced or diced plums, nectarines or apricots. Avoid fruits that are extra-juicy - it messes up the batter consistency. Raspberries can be used in place of the blueberries, or mixed with them. If you want to swap out other fruits, use the same amount by weight or volume as the blueberries listed in the ingredients. You can use frozen berries if you'd like, but do NOT defrost - too juicy. Add them frozen, right to the batter. If you don't have buttermilk handy, you can put 2 teaspoons of lemon juice or white vinegar in a measuring cup and add enough whole or lowfat milk to equal 1/2 cup (125ml). Stir gently, then let sit for ten minutes until it curdles slightly, and use that.

1. Preheat the oven to 350°F (180°C). Butter a 9-inch square cake pan.
2. TOPPING: crumble together the butter, sugar, flour and cinnamon with your hands or a pastry blender until the pieces of butter are broken up and are about the size of small peas. Set aside.
3. BUCKLE BATTER: In the bowl of stand mixer fitted with the paddle attachment, or by hand in a bowl using a spatula or wooden spoon, cream the butter, sugar and lemon zest together until light and creamy, about 3 minutes. Add the eggs one at a time, stopping the mixer a few moments after you add each egg to scrape down the sides of the bowl.
4. Sift together the flour, baking powder, baking soda, salt, and cinnamon or nutmeg into a medium-sized bowl. With the mixer on low speed, add half the flour mixture, then stir in the buttermilk.
5. Add the remaining flour mixture, mixing just enough so it's barely incorporated (there will still be dry bits of unincorporated flour), then remove the mixer bowl from the machine and using a flexible spatula to gently fold in the blueberries in, just until they are incorporated. Do not overmix - you don't want to smash the blueberries and stain the batter.
6. Scrape the batter into the prepared baking pan and smooth the top. Strew the topping over the blueberry batter and bake until the buckle is lightly browned on top and feels just set in the center; it'll spring back lightly when you touch the center. It'll take about 55 minutes.
7. SYRUP (optional): When the buckle is almost finished baking, make the syrup by heating the lemon juice and sugar in a small saucepan over medium heat, cooking it until it thickens. It's done when the bubbles get larger, and when removed from the heat (check a couple of times while it's cooking), the consistency will be like warm maple syrup. It'll take about 5 minutes.
8. Remove the buckle from the oven and pour the warm lemon syrup over it, letting it soak in. Serve the buckle when it's cool enough to slice. It's good warm or at room temperature. Whipped cream, vanilla ice cream or just a drizzle of heavy cream make a nice garnish, but it can be eaten just as-is.