

Blueberry Nutmeg Cake

Recipe reprinted with permission from RIPE © 2012 by Cheryl Sternman Rule, Running Press, a member of the Perseus Book Group.



- 2 cups blueberries
- 3/4 teaspoon lemon juice
- 3/4 cup granulated sugar, plus 2 1/2 tablespoons, divided use
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 3/4 teaspoon ground nutmeg, divided
- 1/4 teaspoon kosher salt
- 1/4 pound unsalted butter, at room temperature
- 2 large eggs

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

Cheryl says: This cake's appeal lies not only in its ease of preparation, but in its simple, glorious presentation. I tip my hat to Marian Burros for creating the original plum torte that inspired my twist. This cake tastes especially amazing when baked one day ahead.

1. Preheat the oven to 350°F (175°C). Grease a 9-inch (23-cm) springform pan and line the bottom with parchment.
2. In a medium bowl, toss the blueberries with the lemon juice and 1 tablespoon of the sugar. In a separate bowl, sift the flour, baking powder, 1/2 teaspoon of the nutmeg, and the salt.
3. Using an electric mixer, cream the butter and 3/4 cup (187g) of the sugar on medium-high speed until light and fluffy, about 3 minutes. Add the eggs, 1 at a time, beating well after each addition. Scrape down the sides of the bowl. With the mixer on low, beat in the sifted ingredients. Do not overbeat. Scrape into the prepared pan and smooth the top.
4. Scatter the berries and any juices over the batter. Stir the remaining 1 1/2 tablespoons of sugar and the remaining 1/4 teaspoon of nutmeg together and sprinkle over the berries.
5. Bake in the center of the oven for 50 to 60 minutes, or until a skewer comes out clean and the cake just begins to pull away from the sides.
6. Cool in the pan for 30 minutes. Spring the cake free then finish cooling completely. Slide a wide, thin spatula under the cake to transfer it to a large plate. Wrap tightly with plastic, and let mellow at room temperature for several hours, or overnight, before eating.

Tip: While the cake may appear dry when freshly baked, it takes on a fantastic dampness after an overnight rest, and continues to improve with age. (The blueberries become almost jammy as the cake matures.) After 24 hours, I store any leftovers, tightly wrapped, in the fridge..

Per Serving (excluding unknown items): 272 Calories; 13g Fat (42.6% calories from fat); 4g Protein; 36g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 141mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates.