

blueberry grunt

recipe: a traditional Nova Scotian recipe,
passed on to me by Rosie Beaucoup,
original source unknown and possibly lost at sea

- 1 quart of blueberries (4 cups), frozen or fresh
- 1/2 cup water
- 1/2 cup sugar (more or less to taste)
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon butter, cold
- approximately 1 cup milk
- you will need a Dutch oven with a tight fitting lid

In a large Dutch oven, over medium heat, bring the the blueberries, water and 1/2 cup sugar to a gentle boil and continue cooking until there is plenty of juice (several minutes).

As the blueberries are cooking, sift the flour, baking powder, salt and sugar together into a medium sized bowl. Cut in 1 tablespoon butter with two knives or a pastry cutter (until it resembles peas). Then add sufficient milk to make a soft dough - I find I usually need *approximately* 1 cup of milk. The dough should hold together but still be wet looking - softer than play dough.

Once the blueberries have become nice and juicy (and cooked down slightly), drop the dough by tablespoonfuls over the berries. Cover closely and cook for 15 minutes over medium heat. Do not lift the lid during the cooking time. After 15 minutes the dumplings should be poofed up and cooked through. Remove from heat and serve hot.

A note from Rosie Beaucoup: dumplings will not cook properly if you lift the lid during cooking - no peeking at your dumplings as they cook. In addition, some cooks feel that milk makes a dumpling tough. But Rosie and I usually use milk for this recipe, and we've never been disappointed.