

Blueberry Pancakes

Makes about sixteen 4-inch pancakes, serving 4 to 6

When local blueberries are not in season, frozen blueberries are a better alternative. To make sure that frozen berries do not bleed, rinse them under cool water in a mesh strainer until the water runs clear, and then spread them on a plate lined with paper towels dry. If you have buttermilk on hand, use 2 cups instead of the milk and lemon juice.

1 tablespoon juice from lemon

2 cups milk

2 cups (10 ounces) unbleached all-purpose flour

2 tablespoons sugar

2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 large egg

3 tablespoons unsalted butter, melted and cooled slightly

1 to 2 teaspoons vegetable oil

1 cup fresh or frozen blueberries, preferably wild, rinsed and dried

1. Whisk the lemon, juice and milk in a medium bowl or large measuring cup; set aside to thicken while preparing the other ingredients. Whisk the flour, sugar, baking powder, baking soda and salt in a medium bowl to combine.

2. Whisk the egg and melted butter into the milk until combined. Make a well in the center of the dry ingredients in the bowl; pour the milk mixture and whisk very gently until just combined (a few lumps should remain). Do not overmix.

3. Heat a 12-inch nonstick skillet over medium heat for 3 to 5 minutes; add 1 teaspoon oil and brush to coat the skillet bottom evenly.

Pour 1/4 cup batter onto three spots on the skillet; sprinkle 1 tablespoon blueberries over each pancake. Cook the pancakes until large bubbles begin to appear, 1 1/2 to 2 minutes. Using a thin, wide spatula, flip the pancakes and cook until golden brown on second side to 1/2 minutes longer. Serve immediately, and repeat with the remaining batter, using the remaining vegetable oil only if necessary.