

Blueberry Grunt

Prep time: 10 mins | Cook time: 15 mins

Servings: 5 | Yields: 5

INGREDIENTS

For the blueberry sauce:

4 cups blueberries (frozen or fresh)

1 cup sugar

½ cup water

½ tsp lemon juice

½ tsp cinnamon

For the grunt:

2 cups flour

¼ cup sugar

2 tsps baking powder

½ tsp salt

2 tbsp butter

1 cup milk



METHOD

1. In a medium pan, combine the berries, sugar, and water. Bring to a boil and then reduce to a simmer until the berries have gotten jammy. Remove from heat, add the cinnamon and lemon juice and set aside.
2. Combine the flour, sugar, baking powder and salt in a bowl. Cut in the butter then add the milk and combine until just mixed- do not over mix.
3. Roll flour mixture into balls and drop them into the berry mixture. Place the pan on medium heat, cover and simmer for 15 minutes. Do not lift the lid- the biscuit topping is steaming itself in the berry juices.
4. Serve warm with cream or ice cream.