

Blueberry Pancakes

From Cooks Illustrated, July & August 2003

Adapted from <http://wibbybunny.blogspot.com/2005/09/best-blueberry-pancakes.html>

Ingredients

2 cups buttermilk,
or
1 tbsp juice from 1 lemon
2 cups milk
2 cups unbleached all-purpose flour
2 tbsp sugar
1 tsp baking powder (the recipe called for 2 tsp)
1/2 tsp baking soda
1/2 tsp salt
1 large egg
3 tbsp unsalted butter, melted and cooled slightly
1-2 tsp vegetable oil
1 cup fresh or frozen blueberries, preferably wild, rinsed and dried

Method

1. If not using buttermilk, whisk lemon juice and milk and set aside to thicken while preparing other ingredients.
2. whisk flour, sugar, baking powder, baking soda, and salt in medium bowl to combine (I also sifted the flour with baking soda and powder twice before mixing with the rest of the ingredients).
3. whisk egg and melted butter into milk until combined. Make a well in the center of dry ingredients and pour in milk mixture. Whisk very gently until just combined (a few lumps should remain). Do NOT overmix.
4. heat 12-inch nonstick skillet over medium heat for 3 to 5 minutes, add 1 tsp oil and brush to coat skillet bottom evenly. Pour 1/4 cup batter onto 3 spots on skillet; sprinkle 1 tbsp blueberries over each pancake. Cook until large bubbles begin to appear, flip and cook until golden brown on second side, 1 to 1 1/2 minutes longer.
5. Serve immediately with maple syrup. Repeat with remaining batter, using remaining vegetable oil only if necessary.

NOTE: the only way to know when the pan is ready is to make a test pancake about the size of a half-dollar (use 1 tbs of batter). If after 1 minute the pancake is blond in color, the pan is not hot enough. If after 1 minute the pancake is golden brown, the pan is heated correctly. Speeding up the process by heating the pan at a higher temperature will result in a dark, unevenly cooked pancake.