

BAKED LEMON PUDDING WITH BC BLUEBERRY COMPOTE



Yields:
8 - 125 ml ramekins

INGREDIENTS

¾ cup	BC Butter, melted	180 ml
1 cup	Sugar, granulated	240 ml
3	BC Eggs	3
2	Lemons	2
1 tsp	Pure Lemon Extract	5 ml
½ cup	All Purpose Flour	160 ml
1 cup	BC Milk	240 ml
Pinch	Sea Salt	Pinch
	Boiling Water	
	Powdered Sugar	



DIRECTIONS

1. Preheat oven to 400 F.
2. Place melted BC butter into a large mixing bowl.
3. Whisk in ¾ cup (180ml) sugar until combined.
4. Separate eggs and incorporate the BC egg yolks to the mixing bowl and stir.
5. Add the zest of 1 lemon, juice of two lemons, and the pure lemon extract. Stir in BC Milk.
6. Gently mix in the flour and salt.
7. In separate bowl, whip egg whites until frothy. Add remaining ¼ cup of sugar and beat until stiff peaks form.
8. Gently fold whipped BC egg whites into the mixture in two batches.
9. Portion mixture into ungreased ramekins until almost full.
10. Place filled ramekins into a casserole dish or roasting pan and place into the oven.

11. Carefully pour boiling water into the pan until half-way up the ramekins.
12. Bake for 20 - 25 minutes or until tops are golden brown.
13. Gently remove ramekins from the water bath* and generously dust with powdered sugar.
14. Serve warm with BC blueberry compote.

*Use canning tongs to safely remove ramekins from the hot water bath.

BC BLUEBERRY COMPOTE



Yields:

350 ml (1 1/2 cups)

INGREDIENTS

2 cups	BC Blueberries, frozen	480 ml
¼ cup	Water	60 ml
¾ cup	Sugar, Granulated	180 ml
1 tsp	Vanilla	5 ml

DIRECTIONS

1. Combine all ingredients into a sauce pot.
2. Bring to a boil and reduce by half. About 8 - 10 minutes.
3. Serve warm.