

PANCAKES WITH BC BLUEBERRY

MAPLE SYRUP



Yields:
4 servings



INGREDIENTS

For the Pancakes:

1 pound	All Purpose Flour	454 g
3 Tbsp	Granulated Sugar	45 g
1 Tbsp	Baking Powder	15 g
1 tsp	Fine Sea Salt	5 g
3 cups	BC Milk	750 ml
¼ cup	BC Butter, unsalted and melted	60 ml
3	BC Eggs	1000 ml
1 Tbsp	Vanilla	15 ml
	Butter as needed for cooking	

DIRECTIONS

For the Pancakes:

1. Sift together flour, sugar, baking powder and salt.
2. Combine milk, melted butter, eggs and vanilla. Add to the dry ingredients. Mix just until combined. (A few lumps are ok)
3. Allow batter to rest in the fridge for 30 minutes to an hour.
4. Coat a pan with butter and bring to heat.
5. Place desired amount of batter in the pan to form the pancakes.
6. When bubbles appear on the pancake's surface and the bottom is browned, flip the pancake to finish cooking.
7. Serve with BC Maple Syrup.



Yields:
750 ml

INGREDIENTS

For the Syrup:

2 cups	Maple Syrup	500 ml
2 cups	BC Blueberries	500 ml
1 Tbsp	Fresh Lemon Juice, from one lemon	5 ml

DIRECTIONS

For the Syrup:

1. Combine the maple syrup, 1 cup of the blueberries and lemon juice in a medium sauce pan.
2. Bring to a boil, then reduce heat to medium and boil for ten minutes.
3. Let cool to lukewarm, then stir in the remaining ½ cup fresh blueberries. Store in the refrigerator.