



Recipe of the Week

BLUEBERRY FRITTERS WITH HONEYED SOUR CREAM

These light and fluffy fritters make a very special breakfast or brunch, or a lovely dessert after a light meal. Serves 4.

Ingredients (honeyed sour cream)

½ cup sour cream

3 tabs runny honey

½ teasp vanilla paste (or 1 teasp vanilla extract)

Mix together the sour cream, honey and vanilla paste. Set aside.

Ingredients (blueberry fritters)

1 cup plain flour

1 teasp baking powder

1 tab caster sugar

1 cup milk

2 eggs separated

1 tab melted butter

2 cups fresh blueberries (or frozen blueberries but don't defrost before using)

Clarified butter for frying

Honeycomb (optional) for serving

Method

1. In a large bowl, sift together the flour, baking powder and caster sugar.
2. Whisk the milk with the egg yolks, then whisk into the flour.
3. Stir in the melted butter and the blueberries.
4. Whisk the egg whites to soft peaks then fold through the mixture.
5. Heat a frying pan over moderate heat and add a few tablespoons of clarified butter.

6. Drop large spoonfuls (about 3 tablespoons worth) of the batter into the pan and cook until bubbles appear in the batter.
7. Flip and cook for a few minutes more on each side.
8. You will need to cook this in batches (keep the first batch on a tray in a low oven to keep warm).
9. Serve with the honeyed sour cream and, if you like, some honeycomb

Recipe courtesy of New Zealand Gardener 2019 Garden Diary