

nova scotian blueberry grunt

serves 6-8

Blueberry grunt, so named (purportedly) for the grunting noise the blueberries make as they simmer and bubble, is a favorite in the Atlantic provinces and New England, where wild blueberries grow abundantly. This recipe uses a version of my family tea biscuit recipe and calls specifically for the smaller wild low bush berries, which offer a nice tartness and a concentrated blueberry flavor.

ingredients

For the biscuits:

- 2 cups all-purpose flour
- 2 Tbsp white sugar
- 4 tsp baking powder
- 1 tsp salt
- 1/3 cup cold unsalted butter, cubed
- 3/4 cup + 2 Tbsp milk

For the filling:

- 1 quart (680g) frozen wild blueberries (*approx. 1.5 lb*)
- 1 cup (227g) water
- 1/2 cup granulated sugar (*up to 3/4 cup if berries are very tart*)
- 1-2 tsp lemon juice + lemon zest (*adjust to taste*)
- 1/2 tsp cinnamon
- pinch of salt

Vanilla ice cream or whipped cream to serve (*optional*)

Equipment:

- Bowl
- Wooden spoon
- Dutch oven (needs lid)
- Clean tea towel tied around lid
- Zester/grater

notes

Wild blueberries tend to be more sour than the typical plump grocery store blueberries you see in much of the U.S., but as with all berries, they can vary in sweetness based on when and where they were grown. I recommend tasting as you go to get the right balance of lemon and sugar (carefully! the sugar may be very hot so give any taste tests a little time to cool!).

preparation

1. Mix together all blueberry filling ingredients in dutch oven and bring to a gentle boil.
2. Meanwhile, make biscuit dough:
 - Mix together flour, sugar, baking powder, and salt, then cut in butter cubes (coat in dry ingredients and smush/break up using fingers until no large cubes are left).
 - Add milk one half at a time and gently fold together until a shaggy dough just starts to form. Should be a little wetter than a standard biscuit dough.
 - Dump shaggy dough and any crumbly bits onto a cutting board/work surface (or work inside bowl) and just bring together, gently folding over itself 8-10 times.
3. Scoop large balls (about 3 Tbsp per scoop) of dough mixture on top of blueberry mix, cover and let steam around 15 minutes. Meanwhile, preheat oven to 375 F.
4. Remove cover and bake for 5-7 minutes until you see a little browning on top of the biscuit dumplings.
5. Let cool 10 minutes before serving. Serve with vanilla ice cream or whipped cream, or just as is.