**Pancakes and Blueberry Sauce**

|  |
| --- |
| Jobs for Lab Day |
| 1 | Washer/Prep tools |  |
| 2 | Dryer/Cooking tools |  |
| 3 | Housekeeper/Ingredient Gathering |  |

**Blueberry Sauce**

**Ingredients**

* 1 cup (250 ml) blueberries
* 1 tsp (5 ml) cornstarch
* 1 tablespoon (15 ml) granulated sugar
* 1 tablespoon water (15 ml)

**Directions Notes**

|  |  |
| --- | --- |
| Place berries in a small saucepan |  |
| 1. Mix the rest of the ingredients in a small bowl. Stir to dissolve with a fork and add to the blueberries
 |
| Turn stove element on to medium (about 6 ) on a small burner |
| Stir frequently with a wooden spoon to prevent burning. Use a small plate to rest your spoon on to prevent a mess on the counter. |
| Once the sauce is boiling, turn the burner to low heat and continue to simmer for 5 minutes or until the mixture thickens. |
| Set aside (off the heat) until ready to serve. |

**Pancakes**

**Ingredients**

|  |  |
| --- | --- |
| 1 cup all-purpose flour (250ml) | 1 egg  |
| 15 ml baking powder | 45 ml butter, melted |
| 1 ml salt  | 250 ml milk  |
| 15 ml white sugar |  |

**Method Notes**

|  |  |
| --- | --- |
| In a large bowl, sift together the flour, baking powder, salt and sugar.  |  |
| In a separate bowl, mix the milk, egg and melted butter; mix until smooth. |
| Make a well in the center of the dry ingredients. Add the wet ingredients to the dry ingredients. Be careful **not to overmix.** |
| Heat a lightly oiled griddle or frying pan over medium high heat. (Around 5 on the stove dial)  |
| Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. |
| Brown on the first side. Wait for bubbles to appear in the center. Flip ONCE.**Do not press spatula down on the cake while it cooks**! Once the second side is browned, (check by lifted the edge of the cake to test for colour) |
| Remove to a platter and keep warm while the rest of the batch cooks. |
| Serve at your table with blueberry sauce and syrup. |
| Criteria |
| 1. I READ and followed the recipe accurately
2. I demonstrated kitchen safety and food safety
3. I worked with my kitchen team equitably and fully completed my lab duties
 |

|  |  |
| --- | --- |
| Criteria | **Self Assessment** |
| 1. I READ and followed the recipe accurately
2. I demonstrated kitchen safety and food safety
3. I worked with my kitchen team equitably and fully completed my lab duties
 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Extending** | **Proficient**  | **Developing** | **Emerging** |
|  |

 |

**Blueberries in History**

Just like other fruits and vegetables, blueberries are an important part of history. They have always been abundant on the North American continent, making them a staple in the diet of Native Americans as well as the first colonists who settled in North America. Here are some blueberry fun facts about the early days of our continent.

**Native Americans**

Native Americans once called them "star berries," because the five points of blueberry blossoms make a star shape. They held blueberries in high esteem, believing that the "Great Sprit" created the berries to feed their hungry children during famine. Blueberry juice had medicinal value for Native Americans as well and was used to treat persistent coughs and other illnesses. Blueberries were commonly used to make pemmican, a jerky type of dried food packed for sustenance on long journeys. They also used blueberries in non-traditional ways like making dye from blueberry juice for textiles and baskets.

**Health Benefits of blueberries**

Blueberries are high in vitamins K and C. They are also a great source of fibre and considered to be an antioxidant, having cancer fighting properties in that they repair damaged cells and DNA. They are also low on the glycemic index. That makes them a good source of sweet topping without increasing blood sugar levels. Due to these health factors, blueberries are considered to be a ‘superfood.’

**Lab Questions**

1. What type of bread is a pancake? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What is the name of the dried blueberry food used by First Nations? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What did First Nations call blueberries and why? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. What vitamins are found in blueberries? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Why are blueberries considered to be a ‘superfood?’ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_