



## **Giant Sweet Puffy Corn Pancake + Beautiful Blackberry Sauce + Southern Blackberry Limeade**

By Dylan Sabuco

**Prep Time** 15 / **Cook Time** 20 / **Serves** 4 - 6

### **Shopping List**

☐ FRESH OR FROZEN

☐ 2 C fresh or frozen blackberries

☐ 1 C frozen corn kernels

☐ 3 limes

☐ EGG

☐ 2 eggs **\*\*(see allergy subs below)\*\***

☐ PANTRY

☐ 1 C all-purpose flour **\*\*(see allergy subs below)\*\***

☐ 1 C yellow cornmeal

☐ 1 C granulated sugar

☐ 1/2 tsp salt

☐ 2 tsp baking powder

☐ 1 tsp baking soda

☐ 1/4 C vegetable oil **\*\***

☐ HAVE ON HAND

☐ 5 1/2 C water

☐ 2 C ice, optional

## Fun-Da-Mentals Kitchen Skills

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**smash:** to break up food into smaller pieces or squash food to flatten or soften it.

## Equipment

- ☐ Small pot or saucepan
- ☐ Large frying pan or skillet
- ☐ Medium mixing bowl
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Wooden spoon
- ☐ Whisk
- ☐ Heat-resistant spatula or pancake turner
- ☐ Pitcher
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus juicer (optional)

## Ingredients

### Giant Sweet Skillet Puffy Corn Pancake with Beautiful Blackberry Sauce

- ☐ Sauce:
- ☐ 1 C fresh or frozen blackberries
- ☐ 1/4 C granulated sugar

- ☐ 1/2 C water
- ☐ Pancake:
- ☐ 1 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- ☐ 1 C yellow cornmeal
- ☐ 2 tsp baking powder
- ☐ 1 tsp baking soda
- ☐ 2 C water
- ☐ 1/4 C granulated sugar
- ☐ 1/2 tsp salt
- ☐ 1 C frozen corn kernels
- ☐ 1/4 C vegetable oil **\*\***
- ☐ 2 eggs **\*\***(for EGG ALLERGY sub 2 T ground flaxseeds + 1/2 C water, whisked)**\*\***

### Southern Blackberry Limeade

- ☐ 1 C fresh or frozen blackberries
- ☐ 1/2 C granulated sugar
- ☐ 3 limes
- ☐ 3 C water
- ☐ 2 C ice, optional

## Food Allergen Substitutions

### Giant Sweet Skillet Puffy Corn Pancake with Beautiful Blackberry Sauce

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Egg: For 2 eggs, substitute 2 T ground flaxseeds + 1/2 C water.

### Southern Blackberry Limeade

## Instructions

### Giant Sweet Skillet Puffy Corn Pancake with Beautiful Blackberry Sauce

## intro

Giant Sweet Skillet Puffy Corn Pancakes are on the menu today! Corn pancakes are made the same way as a typical pancake. The only difference is the inclusion of cornmeal and corn in a corn pancake. The cornmeal helps make the pancake batter closer to a cornbread batter. The resulting corn pancake will be light and fluffy, like cornbread fresh from the oven. Drizzle the corncakes with the Beautiful Blackberry Sauce! Enjoy!

## measure + simmer

We'll make the blackberry sauce first! Measure and pour **1 cup blackberries**, **1/4 cup sugar**, and **1/2 cup water** into a small pot over medium heat. Stir with a wooden spoon, squishing the blackberries as you stir. Simmer the sauce on medium-low for 5 to 8 minutes or until the sauce is the right consistency for drizzling.

## scrumptious science

Sugar is a molecule made of carbon, hydrogen, and oxygen atoms, but it is so much more when cooking with it! Sugar is soluble in water, meaning it dissolves or, even better, it can be heated to create caramel. Caramelization occurs when sugar molecules break down at high heat to create a rich brown color and expand the flavor profile from simply sweet sugar to bitter, sweet, and savory caramel. This is an amazing process because sugar is inside so many of the foods we eat! Next time you cook using sugar or foods with sugar in them, observe how it browns to see the reaction for yourself!

## measure + mix

Next, we'll make the pancake batter! In a medium mixing bowl, measure **1 cup flour**, **1 cup yellow cornmeal**, **2 teaspoons baking powder**, and **1 teaspoon baking soda**. Whisk to combine.

## measure + mix

In a large mixing bowl, measure **2 cups water**, **1/4 cup sugar**, **1/2 teaspoon salt**, **1 cup frozen corn**, **1/4 cup vegetable oil**, and crack in **2 eggs**. Whisk to combine. Then, pour the dry ingredients into the wet ingredients bowl. Whisk until a thick batter forms.

## superstar food spotlight

Corn is a grass, not a vegetable! It's part of the Poaceae family, the same family as wheat, rice, and bamboo. Corn can grow in different colors. While most people are familiar with yellow corn, it can actually come in a variety of colors, including red, blue, purple, and even black! The colorful varieties are often used for decorative purposes or to make products like blue corn chips. The kernels can "Pop!" Corn is the only grain that "pops" when heated. The water inside the kernels turns to steam, and the pressure causes them to burst open. This happens because popcorn kernels have a hard outer shell that traps steam until it builds up enough pressure to pop! Corn can grow really tall. The world record for the tallest corn plant is about 45 feet (13.7 meters), which is taller than most trees!

### pour + bake

Heat a large frying pan over medium heat. Pour 1/4 cup of the batter into the pan. Cook for roughly 3 minutes on each side. You know it's time to flip your corn pancake when you see bubbles form on the top. Repeat this step until all the batter is cooked into pancakes. You can probably cook 3 to 4 at a time.

### drizzle + devour

Serve a delicious Giant Sweet Skillet Puffy Corn Pancake to each person at your table, then drizzle the warm Beautiful Blackberry Sauce over the top of the pancakes! Eat (devour) and enjoy!

## Southern Blackberry Limeade

### measure + smash

Into a large pitcher, measure **1 cup blackberries** and **1/2 cup sugar**. With a wooden spoon, stir and smash until all the blackberries and sugar are fully smashed and combined.

### slice + squeeze

Slice **3 limes** in half. Squeeze the juice into the pitcher.

### stir + pour

Stir in **3 cups water** and **2 cups ice** if desired. Then, pour the blackberry limeade into cups. Cheers!

## Featured Ingredient: Blackberry!

Hi! I'm Blackberry!

"I'm kind of sweet, kind of tart, and you can often find me growing along trails. If you pick me while you're out walking or hiking, wait until I'm ripe and watch out for thorns!"

### History

The blackberry is a plant and an edible fruit from the Rose family. The fruit is a collection of black drupelets. The fruit is juicy, sweet, and slightly tart.

The blackberry's origin is unclear, however, they have been eaten for at least 2,500 years. The stomach contents of an Iron Age woman from about 500 BCE, found in a Danish bog, revealed she had recently eaten blackberries and millet (a cereal grain).

Ancient and more recent cultures used parts of the blackberry plant and fruit for traditional medicine. The Greeks used them for gout and sore throats. The Romans made tea with the plant's leaves to cure illnesses. They were used in the 18th century to aid in digestion and stomach ailments. Indigenous Americans also found medicinal uses for blackberries.

In the Middle Ages, blackberry wines and tonics were seen as more affordable than beer and mead (honey wine). In the 18th and 19th centuries, blackberry cordials, jellies, and jams became popular.

The United States has been responsible for the development of some blackberry cultivars and hybrids. The loganberry is an example of a hybrid blackberry and raspberry, accidentally developed in 1881 by James Harvey Logan, a judge and horticulturalist from Santa Cruz, California.

The marionberry is a blackberry cultivar released in 1956 as part of a USDA breeding program with Oregon State University. It was called "marionberry" after Marion County, Oregon, the county in which it was developed.

The largest blackberry producer worldwide is Mexico. The state of Oregon is the top producer in the United States.

## Anatomy

The blackberry comes from the *Rubus* genus and Rosaceae family. Perennial flowering plants in the Rose family include blackberries, dewberries, and raspberries.

The fruit grows on bramble bushes, thorny shrubs that are part of a thicket, or a dense group of bushes or shrubs. Thornless varieties have also been developed.

Botanically, the blackberry is not a berry. *Rubus* or bramble fruits are aggregate fruits consisting of a collection of drupelets (small, individual drupes, a fleshy fruit with thin skin and a central stone or seed). One difference between a blackberry and a raspberry is that the blackberry's torus or core stays with the fruit when it is picked. The raspberry's core does not remain, which leaves a hollow core in the fruit when picked.

One blackberry species, *Rubus armeniacus* or "Himalayan" blackberry, was introduced to North America by Luther Burbank in 1885 in Santa Rosa, California. He imported the seeds from India. It was cultivated throughout the US by 1915. However, it soon began to grow uncontrolled and is now considered an invasive species. It is often found growing around lakes and in parks.

## How to Pick, Buy, & Eat

Blackberries are ready to pick from June through August, depending on where you live. You can tell they are ripe when they are plump and black, not red or purple.

In the southern US, they may be ready by early summer or June. In the Pacific Northwest, they ripen by late summer, usually August. In other parts of the country, blackberries are ripe sometime in between. Fresh blackberries are great as a snack whether you buy them from the store or pick them right off the plants! Blackberries are added to jams, jellies, and desserts, like pies, tarts, and crumbles. They can also be added to salads and made into sauces for meats.

## Nutrition

Blackberries are a rich source of manganese and vitamins C and K. They are high in fiber, low in sugar, and have very little fat.

The fruit contains omega-3 and omega-6 fatty acids. Compounds in blackberries may help prevent inflammation, heart disease, and some cancers.