



## Blueberry Dumplings

### **Ingredients:**

4 cups fresh or frozen blueberries  
¼ cup Wild Blueberry Balsamic Vinegar  
¼ cup honey  
2 cups all-purpose flour  
2 tsp. baking powder  
¼ cup Lemon Fused Olive Oil

In a large pot over medium heat, bring the blueberries, Wild Blueberry Balsamic, honey, and ½ cup of water to a simmer, uncovered. Stir to ensure the honey has dissolved and the berries are soft. Slowly bring to a gentle boil.

In a mixing bowl, sift together the flour and baking powder, drizzle in the Lemon Fused Olive Oil and mix well with your hands or a pastry blender to form an oatmeal-textured mixture.

Slowly add 1 cup of water, ¼ cup at a time, to form a very sticky dough.

While the berries are cooking – they must be boiling for this to work – remove the saucepan lid and use a large spoon to place 4 – 6 large dollops of dough on the top of them. Replace the lid and let sit for 15 minutes (Don't peek at the dumplings while they are cooking. The steam from the cooking blueberries also cooks the dumplings and if the steam escapes, the dumplings will be soggy inside and won't set). Remove the lid, spoon the dumplings into serving bowls and top with a scoop of the berries. Enjoy as is, or with a drizzle of olive oil or a dollop of whipped cream. For a fun breakfast, top with yogurt.

**Variation** – Try this with your favorite berries or stone fruits in season. Use Coconut White Balsamic in place of the Wild Blueberry to add a tropical note.

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