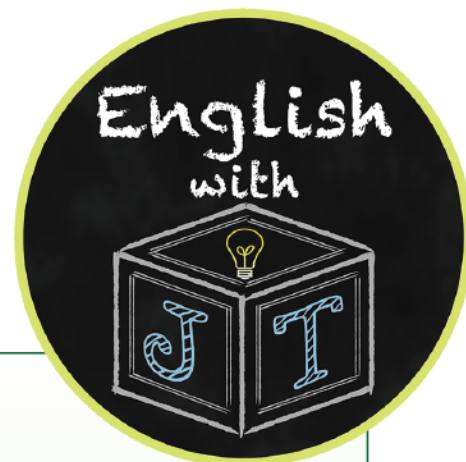


Lesson 7

► Let's bake a blueberry buckle



Hi everyone and welcome to English with JT!

Perhaps this video could be called Baking with JT. I'm just joking!

Actually we are going to be busy in the kitchen baking.

I am making a popular North American dessert called blueberry buckle, because in this video, I want to share vocabulary with you, all about baking.

To tell you the truth, I really don't have a lot of experience with baking.

So along with any English questions you have, feel free to send me your baking tips.

Alright! Let's get ready to learn together.

I do hope to improve my baking skills, and of course, I do wish to help you learn English!

Today I am going to bake a dessert called blueberry buckle.

My mother often baked blueberry buckle in the summertime when the blueberries were ripe.

In fact, she always did lots of baking for our family.

So growing up, she always had something especially delicious baked for us.

I come from a Canadian province called Nova Scotia that is located on the east coast of Canada.

In Nova Scotia, blueberry desserts are quite popular because a lot of wild blueberries grow there.

In fact, there is a town called Oxford, that is well known as the wild blueberry capital of Canada.

The town even has a big and happy blueberry statue.

Here we are in the kitchen now and I am about to start baking.

I hope that the blueberry buckle I am making can be half as good as my mom's blueberry buckle!

Unless you are very good at baking, most of us need to follow a recipe.

Because I am a little bit nostalgic, I will follow a recipe from this printed cookbook instead of using a recipe online.

Alright, before I begin, let me put on this apron.

With my beginner baking skills, I might make a mess!

Of course, we need to have some baking tools, like mixing bowls, measuring cups, measuring spoons, a whisk, a spatula and an electric hand mixer.

For the cake part, we will need:

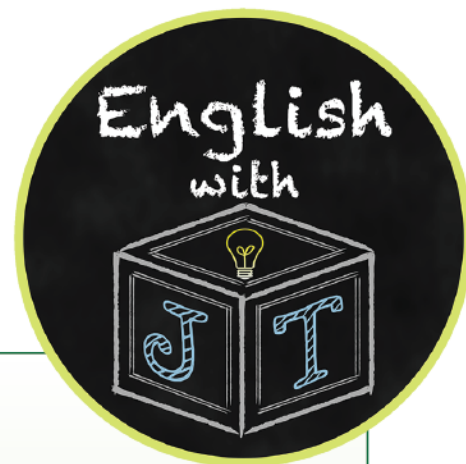
- | | |
|---|---|
| • 1 cup of all-purpose flour | • 1/2 (a half) cup of granulated sugar |
| • 1/3 (a third) cup of milk | • 1/4 (a quarter) cup of shortening |
| • 1 1/2 (1 and a half) teaspoons of baking powder | • 1/4 (a quarter) teaspoon of salt |
| • 1 egg | • 2 cups of fresh or frozen blueberries |

Alright, first, let's preheat the oven to 350 degrees Fahrenheit which is 175 degrees Celsius.

Grease an 8 x 8 (inch) square baking dish.

Lesson 7

► Let's bake a blueberry buckle



Then whisk together all the dry ingredients in a mixing bowl:

- 1 cup of flour
- 1 1/2 (1 and a half) teaspoons of baking powder
- 1/4 (a quarter) teaspoon of salt

Now let's move on to the wet ingredients.

Beat the 1/4 (quarter) cup shortening and the 1/2 (half) cup of sugar with an electric hand mixer, until it is light and creamy.

Then we add one egg and keep beating the mixture.

Now we pour in half of the flour mixture we prepared earlier. Then pour half of the milk.

Mix well, then pour the rest of the milk and the rest of the flour mixture.

Mix, until the batter is smooth.

Now the batter is ready to be poured into the baking dish.

Then sprinkle our 2 cups of frozen blueberries on top of the batter.

For the crumbled topping we will need:

- 1/3 (a third) cup of (all-purpose) flour
- 1/2 (a half) teaspoon of (ground) cinnamon
- 1/3 (a third) cup of (granulated) sugar
- 1/4 (a quarter) cup of cubed butter

Combine sugar, flour, cinnamon, and butter in a bowl.

Then use a fork to cut the butter into the flour until the mixture is crumbly and evenly mixed.

Evenly sprinkle the crumbled topping mixture over the blueberries.

It's so ready for the oven now!

We will bake it in the preheated oven about 45 minutes or until the berries are done.

A cake made with fresh blueberries might bake faster than a cake made with frozen blueberries.

While the blueberry buckle is baking in the oven, let's take a look now at today's vocabulary for baking.

Our blueberry buckle has finished baking and the kitchen smells so nice.

I will take it out of the oven now and sit it on the stovetop to cool down.

One last thing before we enjoy this tasty dessert. I will check to see if it's cooked in the middle.

Let me poke a toothpick into the cake.

The toothpick is clean and so we are ready to enjoy this wonderful dessert.

I have drizzled some condensed milk on top.

Ice cream and whipped cream are also good choices.

Mmm, it tastes great!