

# Notes of spring found in flavor of bread

BY **CHERIE MINGUS**  
FOR THE NEWS-ENTERPRISE

Spring has sprung. Unfortunately, Mother Nature doesn't seem to agree with the calendar. The weather isn't stopping bakers from finding recipes that reflect spring and Easter. One of the flavors I love to use with spring recipes is lemon. Today's recipe is a delicious way to celebrate spring. It is Lemon Blueberry Bread from the-freshcooky.com. It takes slightly more than an hour from start to finish to prepare and bake the bread. This bread is full of lemon flavor. It uses the juice of two large lemons, the zest of the lemons and lemon extract.

There is lemon juice in the glaze that is prepared and drizzled on the top of the lemon blueberry bread. I love anything lemon so naturally this recipe was one that I needed to bake.

If you do not have a zester grater, I highly recommend purchasing one. A citrus juicer is also a nice piece of kitchen equipment when using this recipe or any recipe — sweet or savory — that requires a citrus fruit.

The ingredients needed for Lemon Blueberry Bread are all-purpose flour, baking powder, salt, granulated sugar, lemons, yogurt — I used sour cream as a replacement — lemon juice, oil, eggs, vanilla extract and blueberries.

If you choose to add the Lemon Butter Glaze, which I highly recommend, the ingredients needed for the glaze are powdered sugar, lemon juice, melted butter, vanilla extract, milk — I used heavy cream to add richness to the glaze — and salt.



CHERIE MINGUS/For The News-Enterprise  
**Even if the weather isn't cooperating, bring a taste of spring to the table with this Lemon Blueberry Bread with Lemon Glaze.**

The recipe makes one loaf of bread that is baked in a 9-by-5-inch loaf pan. Either fresh or frozen blueberries can be used.

If you use frozen blueberries, keep them frozen until ready to mix with the lemon batter. If the frozen berries begin to thaw, you will get a lovely shade of purple which doesn't hurt the taste of the bread, just the appearance.

If using fresh berries be sure to lightly rinse the berries to allow flour to stick better, keeping the berries from sinking to the bottom of the loaf pan.

If using frozen berries, there is no need to rinse them before coating them with flour.

Another tip: Two lemons will usually give you ¼ cup of lemon juice.

Preheat the oven to 350 degrees. Grease, spray or line the pan with parch-

ment paper. Prepare the berries and set aside.

Mix the flour, baking powder and salt in a medium bowl. In a large bowl, add the sugar and lemon zest, mixing with your fingers to release the flavor of the zest.

Just a reminder that zest is the colored part of the fruit and does not include the white part — called the pith.

Once the sugar and zest are combined add the yogurt or sour cream, lemon juice, vanilla extract, and lemon extract. Lemon extract is added to intensify the lemon flavor. If you don't have lemon extract, add ¾ teaspoon of lemon juice instead of ½ teaspoon.

Fold in the dry ingredients until just combined. Do not overmix. The batter will be thick. Gently add

blueberries. Bake for 45 to 60 minutes until a toothpick inserted comes out clean with only a few moist crumbs. Cool for 30 minutes in the pan before removing to finish cooling completely on a cooling rack before adding the Lemon Butter Glaze.

To prepare the glaze in a small bowl add powdered sugar, lemon juice, melted butter, vanilla extract milk — or heavy cream — and a pinch of salt.

Whisk until everything is well blended. I recommend sifting the powdered sugar first to make blending all the ingredients easier. Drizzle over the cooled bread.

If you are using a metal or glass loaf pan reduce the oven temperature to 325 degrees and bake an additional 5 to 10 minutes. Begin checking the doneness around 40 minutes as oven temperatures vary.

This bread can be stored in an airtight container at room temperature for two days, refrigerated for up to 5 days. It also can be frozen.

If you wish to freeze Lemon Blueberry Bread do not glaze it, wrap well and freeze for up to three months. When you decide to serve the bread, unwrap it and let it sit at room temperature for one to two hours. Prepare the Lemon Butter Glaze and drizzle it over the bread then.

If you love the combination of lemons and blueberries, try this bread. I am positive it will become one of your favorite spring treats, even when the weather is not being nice.

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## LEMON BLUEBERRY BREAD

**Prep Time: 15 minutes**  
**Cook Time: 45 minutes**  
**Total Time: 1 hour**  
**Servings: 8**  
**Ingredients**  
*Bread*  
1½ cups all-purpose flour spooned and leveled  
2 teaspoons baking powder  
¾ teaspoon salt  
½ cup granulated sugar  
2 lemons zested and juiced  
1 cup yogurt  
¼ cup lemon juice fresh squeezed, about two lemons  
½ cup oil  
2 large eggs room temperature  
1 teaspoon vanilla extract  
½ teaspoon lemon extract or emulsion, optional  
1 tablespoon flour to toss the blueberries in  
1 cup of fresh blueberries, rinsed or frozen (do not thaw)  
*Lemon Glaze*  
1 cup powdered sugar  
1-2 tablespoons lemon juice freshly squeezed  
1 tablespoon melted butter  
½ teaspoon vanilla extract  
1 tablespoon milk — omit if using more lemon juice  
**Pinch salt**  
**Directions**  
Preheat the oven to 350 degrees and grease an 8-by-4-inch or 9-by-5-inch loaf pan, or line with parchment paper or loaf pan liners.  
Rinse blueberries (fresh only) and toss with one tablespoon of flour and set aside. If using frozen blueberries, do not thaw. Tossing blueberries in flour helps them stay suspended in the batter, so they don't sink to the bottom of the pan.  
Whisk together 1½ cups flour, baking powder, and salt in a medium bowl.  
In a large bowl, add the sugar and lemon zest. Use your fingers to blend them into each other to release the flavor in the zest, it should look like wet sand.  
Whisk in the yogurt, lemon juice, oil, eggs, vanilla extract, and lemon extract until smooth.  
Gradually fold in the dry ingredients until just combined. The batter should be thick.  
Gently fold in the blueberries, noting that when using frozen blueberries over folding might cause the berries to bleed into the batter. No biggie, but your quick bread may turn purple.  
Pour the batter into the prepared loaf pan and smooth the top. If desired, run a butter knife down the middle to encourage a center split.  
Bake for 45-60 minutes until a toothpick or skewer inserted comes out clean with only a few moist crumbs. If it browns too quickly, lay a piece of foil over the top.  
Cool for 30 minutes in the pan before transferring to a cooling rack, then cool completely before glazing.  
**Lemon Butter Glaze**  
In a small bowl, add sugar, lemon juice, melted butter, vanilla extract, milk (if used), and a pinch of salt. Whisk until it is blended. For lemonier flavor, use only lemon juice to thin. Drizzle over cooled bread.  
Source: thefreshcooky.com/lemon-blueberry-bread

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