

McCLINTOCK'S COOKERY

with MK McClintock

VANILLA BUTTERMILK POUND CAKES WITH BLACKBERRY GLAZE

I got a hold of some wonderful blackberries at a great price, which means it was time to get baking again. This one turned out to be a favorite. It's an adaptation of a recipe from *Cooking Light Quick Baking* and I must say that the addition of the glaze, and using my preferred brand of ingredients, makes such a difference!



Vanilla Buttermilk Pound Cakes with Blackberry Glaze

Modified by MK McClintock

- 3 cups unbleached all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda

Recipe and image(s) provided by the author. Find more recipes at www.mkmcclintock.com/recipes.
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- 1/2 tsp sea salt
- 2 cups organic sugar
- 3/4 cup unsalted butter, softened
- 1 tsp pure vanilla extract
- 3 large eggs, room temp
- 1 1/3 cups low-fat buttermilk
- baker's cooking spray



1. Preheat oven to 350 F.
2. Combine flour, baking powder, soda and salt; stir with a whisk.
3. Combine sugar, butter, and vanilla in a large bowl and mix at high speed until light and fluffy.
4. Add the eggs, one at a time until each is incorporated at medium speed.
5. Add flour mixture and buttermilk to sugar mixture, beginning and ending with flour mixture.
6. Spoon into either 2 standard loaf pans or 4 small loaf pans (coat pans with cooking spray first).
7. Bake at 350 for approx 40 minutes if using small loaf pans. If using standard loaf pans, you'll need to check it and add an additional 5-10 minutes onto the baking time.
8. Cool cakes in pans for 15 minutes on wire rack; remove from pans and allow to cool completely.

For the glaze:

- 1/2 cup fresh blackberries (frozen won't work here)
 - 1 Tbs unsalted butter
 - 1/2 cup powdered sugar
 - 1/2 Tbs lemon juice
1. Heat the butter with the blackberries in a small saucepan over medium heat, stirring constantly until butter is melted and blackberries are coated with the butter. Note: blackberries will still be intact.
 2. Remove from heat and place blackberry mixture into a medium bowl.
 3. Using a hand mixer, mix the blackberry/butter until you're left with only small chunks of blackberry.
 4. Add the powdered sugar and lemon juice, mixing on medium speed until sugar is well incorporated. There will still be small chunks of blackberry.
 5. Now the next part is messy so I recommend putting either a baking sheet or foil under the cakes (still on the wire rack).

6. While the mixture is still warm, pour/spread over the tops only of each cake, using the entire glaze. It will fall over the sides of the cake naturally.
7. Slice and enjoy - best served while glaze is warm.

Lower Cholesterol Version: Substitute Earth-Balance vegan butter sticks in equal parts with the unsalted butter. I do not recommend shortening, lard, or margarine.