

Blueberry Recipes

COOKING TIPS

- ◆ When using frozen blueberries for pies, extend the cooking time by 10 to 15 minutes.
- ◆ Toss 1 cup frozen blueberries in 1 tablespoon flour before adding to cake or muffin batter. This helps keep them from sinking or streaking.
- ◆ For better results, add frozen blueberries to batter or dough. Baking time may increase 5 to 10 minutes.

FRESH IDEAS

- ◆ Fresh blueberries add bright color and flavor to your fruit, gelatin or tossed salads.
- ◆ Blueberries are perfect toppers for hot or cold cereals, yogurt, ice cream, cheesecake, puddings and other desserts.
- ◆ Add blueberries to oatmeal cookie batter. Just remember to mix gently.

FROZEN TREATS

- ◆ Drop frozen blueberries in sparkling water for a beautiful refresher.
- ◆ Whip up a tasty blueberry shake using frozen blueberries, vanilla ice cream, ice cubes and milk.
- ◆ Drop frozen blueberries into pancakes or waffles, or thaw berries to spoon over.

SUMMER DELIGHTS

BLUEBERRY GREEN SALAD

- 2 quarts torn young mixed salad greens
- 1 cup fresh blueberries
- 2 tablespoons each red wine vinegar and lemon juice
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh (or dried) basil
- 1 ½ teaspoon sugar
- 1 teaspoon grated lemon peel
- ½ teaspoon *each* salt and pepper

- 2 ounces blue cheese, broken into chunks

Toss together greens and blueberries.

Combine remaining ingredients, except blue cheese and mix well. Pour desired amount of dressing over greens and toss. Sprinkle blue cheese over top. Makes 4 servings

BLUEBERRY CORN MUFFINS

- 1 ½ cups flour
- ½ cups whole wheat flour
- ½ cup cornmeal
- ¾ cup sugar
- 2 ½ teaspoon baking powder
- ½ teaspoon *each* baking soda and salt
- ½ cup *each* buttermilk and orange juice
- ¼ cup margarine or butter, melted
- 1 egg, beaten
- 1 tablespoon grated orange peel
- 2 cups fresh blueberries

In large bowl, combine flours, cornmeal, sugar, baking powder, baking soda and salt.

In small bowl, combine buttermilk, orange juice, margarine, egg and peel. Add to flour mixture and mix only until moist. Stir in blueberries.

Spoon into prepared muffin cups. Bake at 400°F for 20 to 25 minutes or until wooden pick inserted near center comes out clean. Makes 18 muffins

A SPRING SENSATION

BLUEBERRY BASKETS

- 12 (1 oz. *each*) frozen dinner roll dough
- ¼ cup brown sugar
- 1 tablespoon flour*
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 1 cup fresh or frozen blueberries
- 2 tablespoons butter or margarine

Place 1 ball of dough in each of 12 greased muffin cups; let stand at room temperature about 1 hour or until thawed. Combine sugar, flour and spices. Make a deep indentation in middle of each ball of

dough. Fill indentation with 1 teaspoon brown sugar mixture and 1 rounded tablespoon blueberries. Sprinkle evenly with remaining brown sugar mixture. Top each with ½ teaspoon butter. Let dough rest 15 minutes. Bake at 350° 15 minutes or until dough browns. Makes 12 servings.

A FALL FAVORITE

SAVORY BLUEBERRY SAUCE

2 tablespoons chopped shallots or onions
2 tablespoons butter or margarine
2 tablespoons flour
½ teaspoon dried thyme, crushed
¼ teaspoon dried rosemary, crushed
½ cup *each* dry red wine and water
1 ½ cups frozen or canned blueberries

Saute` shallots in butter in small saucepan.* Add flour and herbs; cook and stir until mixture bubbles and thickens. Gradually add wine and water; stir in blueberries. Cook and stir until mixture thickens and boils; simmer 2 minutes. Makes 2 ½ cups.

Serving Tips: Serve with poultry, pork, ham or lamb.

*When serving sauce with pan fried meats, drain excess fat and prepare sauce in skillet, stirring up crusty bits from the pan.

WINTER WINNERS

WINTER BLUEBERRY CAKE

½ cups butter or margarine
1 cup sugar
3 eggs
2½ cups flour
3 teaspoons baking powder
½ teaspoon salt
1 teaspoon grated orange peel
½ cup milk
2 cups frozen blueberries, partially thawed
1 cup pared, cored and diced pear (or apple)
½ cup diced dried apricots

Cream butter and sugar until light and fluffy. Beat in eggs, one at a time. Combine flour, baking powder, salt and orange peel; mix well. Add flour mixture and milk alternately to creamed mixture. Combine fruits and toss with small amount of flour. Spread

half of batter in buttered 10 inch tube pan. Spoon fruit over batter and top with remaining batter. Bake at 350° for 1 hour or until golden brown and wooden pick inserted near center comes out clean. Cool on rack 10 minutes then carefully invert cake onto plate. Serve warm. Makes 12 servings.

BLUEBERRY CUSTARD

4 slices white bread
2 tablespoons butter or margarine, softened
1 ½ cups fresh, frozen or canned, drained blueberries
1 teaspoon ground cinnamon
2 cups milk
½ cup sugar
3 eggs, beaten
1 teaspoon vanilla

Trim crusts from bread and spread one side with butter. Cut each slice into 4 squares. Arrange in lightly buttered 8 inch square baking dish with buttered side up. Sprinkle with blueberries and cinnamon. Heat milk and sugar until warm; do not boil. Stir until sugar dissolves. Combine warm milk mixture, eggs and vanilla; pour over blueberries. Set dish in larger pan, then add hot water to depth of 1 inch. Bake at 350° for 45 to 60 minutes or until knife blade inserted near center comes out clean. Remove custard from water and cool 10 minutes before serving. Makes 6 servings.

Blueberry Buckle

Filling:

½ cup butter (1 stick), plus more for pan
2 cups all purpose flour, plus more for pan
1 ½ tsp. baking powder
½ tsp. salt
¾ cup sugar
1 egg
1 tsp. pure vanilla extract
½ cup milk
5 cups wild or cultivated blueberries

Streusel Topping:

1 tsp. ground cinnamon
¼ tsp. salt
¼ cup packed light-brown sugar
1 cup all purpose flour
6 tbsps. butter, room temperature

In a medium bowl, mix dry ingredients together, cut in butter using a pastry blender or fork until fine crumbs form. Set aside

Heat oven to 350°. Butter and flour spring-form baking pan and set aside.

In a medium bowl, sift together the flour, baking powder and salt. Set aside.

In the bowl of an electric mixer fitted with the paddle attachment, cream butter and sugar on medium speed until light and fluffy, about 3 minutes. Reduce mixer speed to low and add egg and vanilla.

When combined, alternate adding reserved flour mixture and milk to mixer, beginning and ending with flour mixture. Remove from mixer, gently fold in berries.

Pour batter into prepared pan; sprinkle topping generously over cake. Bake 60 to 70 minutes or until cake tester comes out batter-free. Remove cake from oven, leave in pan 10 minutes on a cooling rack. Remove from pan, let cool an additional 15 minutes before serving.

Makes 1, 10-in. round cake or 2, 6-in. round cakes.

Zucchini Bread with Blueberries

3 eggs, beaten
1 cup oil
2 ½ cups sugar
2 cups unpeeled grated zucchini
 food processor works well
2 teaspoons vanilla
½ teaspoon almond extract
3 cups flour
½ teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
4 cups fresh blueberries or 2 cups frozen blueberries,
thawed and drained.

1. Add oil, sugar, zucchini, vanilla and almond extract to beaten eggs.
2. Sift dry ingredients together and add to batter.
3. Gently fold in blueberries.
4. Pour into 2 greased and floured 8x4x2" loaf pans.
5. Bake at 350° for 1 ¼ hours until inserted toothpick comes out cleanly.
6. Cool on rack and store in plastic wrap in refrigerator.

Baked Blueberries

4 cups blueberries
2 cups sour cream
2 tablespoons vanilla
2 cups packed brown sugar

Spoon the blueberries into 4, 4 oz oven proof ramekins. Mix the sour cream with the vanilla. Spoon over the blueberries.

Top with the brown sugar.

Broil 3 to 4 minutes, watching carefully.

The brown sugar should melt and caramelize- DO NOT LET IT BURN. NOTE: This seems like a lot of brown sugar, but it is required.