

2004

Blueberries



Blueberry Ice Cream Tart

Prep: 45 minutes
Freeze: several hours
 1 recipe Vanilla Wafer Crust
 1/2 c. water
 2 c. fresh or frozen blueberries
 2 Tbsp. sugar
 4 tsp. cornstarch
 1/2 tsp. ground cinnamon
 1 pt. vanilla ice cream

Use less water for frozen berries than for fresh because the frozen berries tend to give off more of their juice.

1. Prepare Vanilla Wafer Crust as directed. Chill until firm. Meanwhile, in a small saucepan combine water and blueberries (if using frozen blueberries use 1/4 cup water). Bring to boiling; reduce heat. Simmer uncovered for 3 minutes.
2. In a small bowl stir together sugar and cornstarch; stir into blueberry mixture. Cook and stir until thickened and bubbly, then cook and stir 2 minutes more. Stir in cinnamon. Turn into bowl and cool. Then cover and chill completely.
3. Place vanilla ice cream in a chilled bowl in refrigerator for about 30 minutes or just until softened. Carefully fold in chilled blueberry mixture to swirl. Spread mixture into prepared crust.
4. Cover and freeze for several hours or overnight. Remove sides of pan. Cut into wedges to serve. Serves 8 to 10.

VANILLA WAFER CRUST:

In a medium mixing bowl combine 1/3 c. melted butter, 1 1/2 cups crushed vanilla wafers (about 33 cookies), and 1 tsp. ground cinnamon. Toss to mix well. Press crumb mixture evenly onto bottom and 1-inch up sides of a 9-inch spring form pan to form a firm, even crust. Chill about 1 hour or until firm.

NUTRITION FACTS PER SERVING:

313 Cal., 17 g total fat (10 g sat.fat), 60 mg chol., 174 mg sodium, 38 g carbo., 1 g fiber, and 3 g pro. Daily Values: 15% vit. A, 8% vit. C, 8% calcium, and 4% iron.

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Blueberry Sauce

4 c. fresh or frozen blueberries
 1/2 c. each orange juice and water
 1/2 c. sugar
 2 Tbsp. cornstarch
 1/2 tsp. grated orange peel (optional)
 1/4 tsp. Nutmeg - dash of salt

Combine all ingredients in sauce pan. Cook and stir over medium heat 4 -5 minutes or until thick and clear.

Makes 4 cups. Can be frozen.

Serve on pancakes, waffles, ice cream, pound cake or angel food cake.

Recipe from Doris Krull
 Three Rivers, MI

Lemon-Blueberry Diamonds

Makes: 20 diamonds
Prep: 15 minutes.

Bake: at 350° for 50 minutes

Crust:

3/4 c. (1 1/2 sticks) margarine
 1/2 c. confectioners' sugar
 2 tsp. vanilla extract
 1/4 tsp. salt
 2 1/4 c. all-purpose flour

Lemon Filling:

2 c. granulated sugar
 1/3 c. all-purpose flour
 6 large eggs
 2 tsp. grated lemon rind
 1/2 c. lemon juice
 1 c. blueberries, rinsed
 1/4 c. confectioners' sugar

1. **Heat** oven to 350°. Line 13 x 9 x 2" baking pan with aluminum foil. Coat with nonstick cooking spray.

2. **Crust:** In bowl, stir together butter, confectioners' sugar, vanilla and salt. Gradually stir in flour until smooth. Press dough over bottom of prepared pan.

3. **Bake** in 350° oven 20 minutes or until edges brown.

4. **Filling:** In large bowl, mix granulated sugar and flour. Whisk in eggs until smooth. Stir in lemon rind and juice. Fold in berries. Pour filling over crust.

5. **Bake** in 350° oven until set, 30 minutes. Let cool in pan on wire rack. Dust with the 1/4 c. confectioners' sugar. Cut into diamonds.

Nutrient Value Per Diamond:

244 calories, 9 g fat (5 g saturated), 4 g protein, 39 g carbohydrate, 1 g fiber, 50 mg sodium, 82 mg cholesterol.

Recipe from Family Circle Magazine



Mrs. Owens Blueberry Dish

2 c. flour
 2 sticks margarine
 2 Tbsp. baking powder
 1/2 tsp. salt
 2 Tbsp. sugar
 2 eggs beaten
 4 Tbsp. milk

Mix flour, baking powder, salt, sugar and margarine until fine grained. Add egg and milk to flour. Makes soft dough. Press into 9 x 12 Butter flavored PAM sprayed pan.

Cover with 4 or more cups blueberries.

Sprinkle with 1 lg. pkg. lemon jello. Top with mixture of 3/4—1 c. flour, 1/2—1 c. sugar, 1/3 stick margarine.

Bake 350 degrees 40 -45 minutes.

(Don't overbake—it will look white on top when done) Serve warm or cold with vanilla frozen yogurt or vanilla ice cream.

Recipe from the Kitchen of Janet Dodge
 Lawton, MI

Blueberry Cake

Cake:

1 1/2 c. sugar
 1/2 c. butter or stick margarine
 2 c. flour
 1 tsp. baking soda
 1/2 tsp. salt
 1 egg
 1 cup milk
 1 tsp. vanilla
 2 c. fresh blueberries

Topping:

1/2 cup sugar
 1 heaping tsp. cinnamon

Method:

Cream sugar and butter. Combine dry ingredients and add to sugar and butter mixture along with the remaining ingredients and beat just until blended. Pour into a 9 x 13 pan that has been lightly greased and floured. Sprinkle on topping.

Bake at 350° for 30-40 minutes.

Submitted by Deb Frisk, Portage, MI

Blueberry Cream Cheesecake

1/4 c. cornstarch
 1 c. sugar
 1/2 c. water
 3 c. blueberries
 Mix and boil to thicken.

1 pkg. graham cracker crumbs
 1 1/2 sticks margarine (melted)
 2 pkgs. (8 oz.) cream cheese
 1 1/2 c. sugar
 2 tsp. vanilla

1 (9 oz.) cool whip
 Combine graham cracker crumbs and margarine. Press 1/2 into 9 x 13 pan. Mash cream cheese until soft. Beat in sugar and vanilla. Fold in cool whip. Spread 1/2 over crumbs. Spread blueberry filling over cheese. Spread remaining cheese mixture over blueberry filling. Sprinkle with remaining crumbs. Chill overnight.

From the Kitchen of Judith Montyck
 Battle Creek, MI

Blueberry Pretzel Salad Crust

2 c. crushed pretzels
 1 1/2 sticks melted margarine
 3 tsp. sugar

Combine and press into 9 x 13 pan. Bake at 375 degrees for 8—10 min. Cool Completely.

Filling

1—8 oz. pkg. cream cheese
 1 - 12 oz. cool whip
 1 c. sugar

Mix with mixer and spread over crust.

Top

Mix one large box blueberry jello (grape is really good too!) with 2 c. boiling water. Mix in 3—4 c. frozen blueberries. Spoon onto filling and refrigerate until set.

Recipe courtesy of Whitney Colson
 Laurel Bloomery, TN

Blueberry Buckle

No time for sifting and measuring? This simple blueberry coffee cake, known as a buckle, can be mixed up in a hurry.

- 1 pkg. (1 pound 1.5 ounces) sugar cookie mix
- 2 tsp. ground cinnamon
- 1/4 c. butter, melted
- 2/3 c. plain low-fat yogurt (one 6-ounce container)
- 1 large egg, lightly beaten
- 2 c. fresh or frozen, thawed blueberries*

Preheat oven to 350° F. Lightly grease a 9-inch square baking pan. In a medium-sized bowl, combine cookie mix and cinnamon; stir in butter until crumbly. Remove 1 cup of the crumbs; set aside. Add yogurt and egg to remaining mix in the bowl; stir just until soft dough forms; transfer to the greased pan. Top with blueberries; scatter reserved crumbs over the berries. Bake until center springs back when gently pressed and crumbs are light golden, 30 to 35 minutes; do not overbake. Serve warm.

YIELD: 12 portions

*Measure before defrosting.

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Blueberry Cobbler

Perfect for a weekend breakfast or satisfying dessert on a busy night, this four-ingredient recipe couldn't be easier. If you have a young baker or two in the house, just hand them the recipe.

- 2 Tbsp. Sugar
- 2 Tbsp. Cornstarch
- 4 cups fresh or frozen, thawed blueberries*
- 1 can (12.4 ounces) refrigerated cinnamon buns

Preheat oven to 375° F. Lightly grease a round 1-1/2 quart baking dish. In the baking dish, combine sugar and cornstarch; stir in blueberries. Separate rolls and arrange, cinnamon-sugar side down, over the berries. Bake until the rolls are golden and blueberries bubble, 25 to 30 minutes. If the rolls start to brown too quickly, cover loosely with aluminum foil. Drizzle with the prepared frosting that comes with the rolls. Serve warm.

Yield: 8 portions

*Measure before defrosting.

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Blueberry-Apple Frosty

- 2 c. fresh or slightly thawed frozen blueberries
- 1 c. apple juice
- 1 c. frozen vanilla yogurt or ice cream
- 1/2 c. milk
- 3/4 tsp. ground cinnamon

In the container of a food processor or blender; place blueberries, apple juice, yogurt, milk and cinnamon; whirl until smooth. Serve immediately.

Makes 4 servings (about 4 cups).

Total preparation time is 10 minutes.

Nutrition information per serving: 134 calories, 2 grams fat, 3 grams protein, 28 grams carbohydrates.

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Blueberry Walnut Wild Rice Salad

Serves 4

- 3/4 c. coarsely chopped California walnuts
- 1 pint blueberries (2 cups)
- 1/4 tsp. sugar
- 1/8 tsp. salt
- 1/8 tsp. freshly ground black pepper
- 1 tsp. freshly chopped tarragon
- 1 1/2 c. wild rice, cooked & cooled
- 6 ounces cooked turkey or chicken breast, cut into strips or chunks

Dressing:

- Juice of one orange (1/2 cup)
- 2 Tbsp. champagne or white wine vinegar
- 1 Tbsp. chopped flat leaf parsley
- 2 tsp. fresh thyme leaves (optional)
- 1 Tbsp. walnut oil

To Serve:

- 1 head butter lettuce
 - 1 additional orange, peeled & cut into segments
- Preheat** oven to 350° F. Place walnuts on a sheet pan and bake for 5-7 minutes, until lightly toasted. Set aside to cool. Put berries into a large bowl. Add sugar, salt, pepper and tarragon. Toss to coat. Let stand 15 minutes. Add wild rice, turkey and walnuts. In a small bowl combine the orange juice, vinegar, parsley, thyme (and oil, if using). Pour over blueberry mixture and mix well. Divide butter lettuce and orange segments among 4 plates. Top each with 1/4 cup of the blueberry walnut salad mixture. Serve at room temperature. Notes: may be made 2 hours ahead. If you wish to prepare salad further in advance, simply mix in walnuts 15 minutes before serving.

Nutrient content per serving: 370 calories, 16 grams of fat, 1.5 grams of saturated fat, 24 grams of protein, 115 milligrams of sodium and 6 grams of fiber

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A Bowlful Of Blueberry Ideas

- Serve a melon wedge with a scoop of cottage cheese and a sprinkle of blueberries— fresh or thawed frozen—for a special breakfast or lunch.
- Toss fresh or dried blueberries with your favorite vinaigrette and serve over baby greens.
- Combine sweetened ricotta cheese with fresh blueberries and spoon into prepared graham cracker tart shells.
- Polka-dot a prepared, vanilla-frosted cake with fresh blueberries.
- Stir apricot preserves until smooth, and add some fresh or partially thawed frozen blueberries. Spoon the mixture over quartered muffins, and finish with a dollop of whipped cream.
- Toss fresh or thawed frozen blueberries with a fruit-flavored liqueur or fruit juice and serve over sorbet or ice cream.
- Thread fresh blueberries on small skewers or toothpicks to dress up fruit desserts.
- Add dried blueberries to your favorite muffin or oatmeal cookie recipe.
- Add 2-3 jars of Blueberry BBQ sauce to frozen meatballs and cook in crock pot for a delicious dish.
- Roll a thin slice of ham, cheese, and Blueberry Mustard for a low-carb treat.

Quick Blueberry-Peach Crisp

You can assemble this instant take on the classic baked dessert in less than 10 minutes. Choose the fat-free granola and you've got a dessert that's virtually free of fat.

- 2 c. fresh or frozen blueberries
- 2 c. peeled, diced peaches or nectarines
- 2 tsp. cornstarch
- 2 Tbsp. firmly-packed brown sugar
- 1 c. regular or fat-free granola without raisins.

In a small, heavy saucepan, combine blueberries, peaches and 2 Tbsp. water. Cover and cook over medium-low heat until blueberries begin to burst, 3 to 5 minutes. In a cup, combine cornstarch and 2 Tbsp. water; stir into blueberry mixture along with the brown sugar. Cook, stirring occasionally, until thickened, 2 to 3 minutes. Spoon blueberry-peach mixture into dessert bowls or plates, dividing equally; sprinkle with granola. Serve warm with frozen yogurt or ice cream, if desired.

YIELD: 4 to 6 portions.

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Have a favorite recipe for blueberries? Please submit your recipes and watch for them in next year's recipe sheet! If your recipe is used, you will receive a complimentary gift.



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