

LE DUC

BLUEBERRIES

BLUEBERRY BREAD PUDDING

- 3 c. milk
- 3 large eggs
- 5 to 6 c. day-old torn French or Italian bread or rolls
- 1 c. granulated sugar
- 1/4 tsp. almond extract
- 1/2 tsp. vanilla extract
- 1/2 tsp. lemon zest, optional
- 2 c. fresh blueberries
- 3 Tbsp. powdered sugar

Preparation:

Heat oven to 350 degrees. Butter an 11 x 7 inch baking dish.

Whisk together the milk, eggs, sugar, flavorings, and zest. Add the bread and let stand for 10 to 15 minutes. Toss the blueberries with powdered sugar and stir into the bread mixture. Pour into the prepared baking dish. Set the baking dish in a larger pan and set in oven. Add about 4 cups of very hot water (almost simmering) to the outer pan. Bake for about 1 hour, or until the bread pudding is set and lightly browned on top.

Serves 8 - 10

Diana Rattray, as seen in Southern U.S. Cuisine

CREAMY SMOKED TURKEY & BLUEBERRY SALAD

- 1/2 c. light mayonnaise
- 1/2 c. plain low-fat yogurt
- 1/4 c. orange marmalade
- 2 tsp. fresh lemon juice
- 1/2 tsp. ground black pepper
- 3 medium peaches (about 1 lb.), cut in wedges (about 3 cups)
- 1 pint blueberries
- 2 c. smoked turkey (about 8 ounces)

In a bowl, combine mayonnaise, yogurt, marmalade, lemon juice and pepper. Add peach slices, blueberries and turkey; toss until well coated. Serve on lettuce leaves, if desired.

Yield: 8 cups

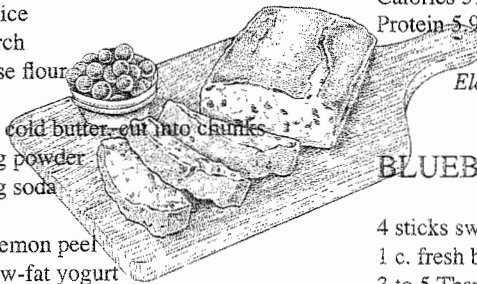
Per 1 cup portion: 155 calories, 7g protein, 6g fat, 19g carbohydrate

Courtesy of USHBC

BLUEBERRY-CREAM CHEESE COFFEE CAKE

Prep and cook time: About 1 hour

- 1 c. fresh or frozen blueberries
- 1/4 c. apple juice
- 1 tsp. cornstarch
- 2 c. all-purpose flour
- 1 c. sugar
- 1/2 c. (1/4 lb.) cold butter, cut into chunks
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 tsp. grated lemon peel
- 3/4 c. plain low-fat yogurt
- 1 tsp. vanilla
- 2 large eggs
- 6 oz. cream cheese, room temp.
- 1 tsp. lemon juice
- 1/2 c. sliced almonds



In a 1 to 2 qt. pan over medium heat, bring blueberries and apple juice to a boil. Lower heat and simmer, stirring occasionally, until blueberries have released their juices, about 3 minutes. In a small bowl, blend cornstarch and 2 tsp. water. Add to blueberry mixture; stir until it simmers and thickens, about 1 minute. Let cool to room temperature.

In a bowl or food processor, mix or whirl flour and 3/4 c. sugar. Add butter to flour mixture. Cut in with a pastry blender or pulse until mixture resembles coarse crumbs. Reserve 1/2 cup; pour remaining into a large bowl. Stir in baking powder, baking soda, salt, and lemon peel.

In a bowl, mix yogurt, vanilla, and 1 egg until blended; stir into flour-baking powder mixture until incorporated. Spread batter in a buttered 9 inch round cake pan with a removable rim.

In a bowl, beat with an electric mixer on high speed or whirl cream cheese, remaining 1/4 c. sugar, remaining egg, and lemon juice until smooth. Spread over batter in pan, leaving a 1/2 inch border bare. Gently spread blueberry mixture over cream cheese mixture, leaving some visible. Stir almonds into reserved flour mixture and sprinkle over cake; concentrating most around edge of batter.

Bake in 350 degree oven until center of cake barely jiggles when pan is gently shaken and top of cake is golden brown, 30 to 40 minutes. Let cool on a rack for 15 minutes, then remove pan rim. Serve warm or at room temperature.

Yield: Makes 10 to 12 servings
Calories 316 (46% from fat); Fat 16g (sat 8.7g); Protein 5.9g; Cholesterol 73mg

Elaine Wing Hillesland - Mendocino, CA

BLUEBERRY BUTTER

- 4 sticks sweet butter, softened
- 1 c. fresh blueberries, chopped
- 3 to 5 Tbsp. powdered sugar

Combine all ingredients in blender. Whip until light. This is great on pancakes, waffles or toast. Use your imagination!

Seen on www.texasblueberries.com

LEMON BLUEBERRY & CHICKEN SALAD

- 2 c. fresh or frozen blueberries, divided
- 3/4 c. low-fat lemon yogurt
- 3 Tbsp. reduced-calorie mayonnaise
- 1 tsp. salt
- 2 c. cubed cooked chicken breasts
- 1/2 c. sliced green onions (scallions)
- 3/4 c. diagonally sliced celery
- 1/2 c. diced sweet red bell pepper

Reserve a few blueberries for garnish.

In a medium bowl, combine yogurt, mayonnaise and salt. Add remaining blueberries, the chicken, green onions, celery and bell pepper; mix gently. Cover and refrigerate to let flavors blend, at least 30 minutes.

Serve over endive or other greens garnished with reserved blueberries and lemon slices, if desired.

Yield: 4 portions (about 5 cups)
Per portion: 244 calories, 25g protein, 6g fat, 22g carbohydrate, 714 mg sodium

Courtesy of USHBC

BLUEBERRY-MAPLE BREAKFAST BAKE

1 (14-ounce) loaf egg challah or other white bread
4 oz. reduced-fat cream cheese
2 c. fresh or frozen blueberries, divided
8 eggs, beaten
1 1/2 c. milk
1/4 c. maple syrup
1/4 c. melted butter

PREPARATION:

Preheat oven to 350 degrees. Remove crusts from bread; cut in 1-inch cubes (makes about 10 cups). Cut cream cheese in small cubes (makes about 1 cup). Grease 9x9x2-inch baking dish. Place half of bread cubes in dish. Scatter cream cheese cubes and 1 cup of blueberries over bread.

Top with remaining bread cubes and blueberries. In a bowl, combine eggs, milk, maple syrup, and butter. Carefully pour over bread mixture. Bake until a knife inserted in the center comes out clean, about 1 hour, covering with aluminum foil if edges brown too much.

To serve, cut in squares. Accompany with additional maple syrup, if desired.
Serves 9

*Courtesy of Bonnie Ames as seen in
2003 Farmers' Advance*

SALMON AND BLUEBERRY SALAD WITH RED ONION VINAIGRETTE

1 medium-sized red onion, thinly sliced in half rings
1/4 c. Regina red wine vinegar
1 tsp. sugar
1 tsp. salt, divided
1/4 tsp. ground black pepper, divided
3 Tbsp. olive oil, divided
1-1/2 lbs. salmon fillet, cut crosswise in 4 portions
6 c. lettuce leaves in bite size pieces
1 c. fresh blueberries

PREPARATION:

In a microwavable cup, combine onion, red wine vinegar, sugar, 1/2 teaspoon of the salt and 1/8 teaspoon of the pepper; cover loosely with plastic wrap; microwave on high power for 1 minute. Let stand.

stirring occasionally, until onions turn pink, about 15 minutes. Meanwhile, preheat grill or broiler. Brush 1 tablespoon of the olive oil on both sides of the salmon fillets; sprinkle with remaining 1/2 teaspoon salt and 1/8 teaspoon pepper. Grill or broil salmon, skin side down, until just cooked through, about 6 minutes. Divide lettuce leaves among 4 dinner plates; place salmon in the center. With a slotted spoon, remove onions from vinegar; scatter onions, along with the blueberries, over and around the fish. Whisk remaining 2 tablespoons of the olive oil into the vinegar mixture; drizzle vinaigrette over salmon.
Serves 4

Courtesy of US Highbush Blueberry Council

BLUEBERRY ROLY POLY

Blueberries and spice mixture are rolled up in sweet dough then baked in a roll shape.

2 c. sifted flour
1 Tbsp. sugar
3 tsp. baking powder
1/2 tsp. salt
1/4 c. shortening
1/2 c. milk
1 egg, beaten
1 c. blueberries
1/4 c. sugar
1/2 tsp. cinnamon
1/2 tsp. grated orange peel

PREPARATION:

Sift together the flour, 1 tablespoon sugar, baking powder, and salt. Cut in shortening. Add milk and beaten egg; stir just until flour is dampened. Knead dough for 30 seconds on lightly floured surface. Roll into rectangle, 1/2-inch thick. Top dough with blueberries. Combine 1/4 cup sugar, cinnamon, and orange rind; sprinkle evenly over blueberries. Roll up as for jelly roll; wet edges with a little water or milk to seal. Place roll in a well greased loaf pan and bake at 400 degrees for 30 minutes, or until nicely browned.
Serves 6

*From Diana Rattray as seen in Southern
U.S. Cuisine*

BLUEBERRY AND WHITE CHOCOLATE "NAPOLEONS"

1 package (3.4 ounces) white chocolate or vanilla instant pudding mix
1-1/2 c. cold milk
1-1/3 c. fresh blueberries, divided
1 loaf (11.75 ounces) frozen pound cake, thawed

PREPARATION:

In a medium bowl, beat pudding mix into milk until well blended, about 2 minutes; let stand for 5 minutes. Remove 1/3 cup pudding to a small bowl; cover and refrigerate. Into the remaining pudding, fold 1 cup of the blueberries. Cut the pound cake into 12 thin slices; toast until golden. Place one cake slice on each of 6 serving plates. Spoon the blueberry-pudding mixture onto the pound cake slices, dividing evenly. Top each with another slice of cake. Garnish with about 1 tablespoon of the reserved pudding and 1 tablespoon reserved blueberries and serve immediately.
Serves 6

*Courtesy of Lewis & Neale Inc. for the US
Highbush Blueberry Council*

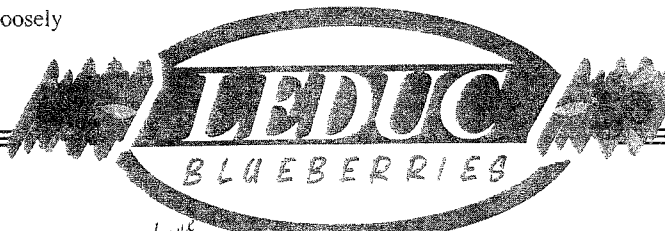
BLUEBERRY POTATO SALAD

1/4 c. white wine vinegar
1 Tbsp. olive oil
1/2 tsp. sugar
1/2 tsp. salt
1/2 tsp. dried basil; crushed
1/8 tsp. black pepper
4 c. potatoes; cooked and sliced
1 c. fresh blueberries
1/2 c. cucumber; diced
1/2 c. carrot; shredded
2 Tbsp. scallions; chopped
2 Tbsp. parsley; chopped

PREPARATION:

Combine the vinegar, oil, sugar, salt, basil, and pepper, blending well. In a large bowl, combine the dressing with the potatoes, mixing well. Stir in the blueberries, carrot and cucumber. Sprinkle with the chopped scallions and parsley.

*Courtesy of Rich Harper as seen on
www.justberryrecipes.com*



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