



2008

Recipes

Crispy Blueberry Rice Squares

As seen in the US Highbush Blueberry Council Newsletter

- 4 C. miniature marshmallows
- 3 Tbsp. butter or margarine
- 6 C. crispy rice cereal
- 1 ½ C. fresh blueberries

Spray a 9-inch square baking pan with non-stick cooking spray. In a large microwave-safe bowl, heat marshmallows and butter until melted, about 3 minutes on high power, stir after 2 minutes.

Add cereal and blueberries. Stir until evenly coated. Transfer to baking pan; gently press into an even layer. Allow cooling for 15 minutes. Cut into 16 squares and serve. Cover and refrigerate unused portion.



Blueberry-Coconut Tartlets

Pastry Chef Allyson Buchta, Lexington, KY as seen in USHBC

- 1 C. Flour
- 1 ½ C. Toasted shredded coconut, divided
- ¼ Tsp. Baking powder
- ½ C. Unsalted butter
- 1 Can (14 oz.) Condensed milk
- 2 Eggs, lightly beaten
- 2 C. Blueberries

To prepare the crust: In a bowl, combine flour, ½ cup of the coconut and the baking powder; stir until blended. Using a pastry blender cut in butter until coarse crumbs form. Mix in 2 tbsp. water; knead mixture to form dough. Wrap in plastic; chill at least 30 minutes.

Preheat oven to 400°F. On a lightly floured surface, divide dough into 6 equal pieces; roll each into a 4-inch circle. Place pastry in six 3-inch tartlet pans. Prick bottom crusts; bake 10 minutes. Cool on wire rack.

In a bowl, combine condensed milk, eggs and the remaining 1-cup coconut. Stir in blueberries. Spoon about ½ cup mixture into each shell. Bake until filling is set, about 25 minutes. Sprinkle with shredded coconut and serve with mango sorbet, if desired.

Blueberry Cream Pie

Courtesy of Mr. Food as seen on www.newsnet5.com

- 1 can sweetened condensed milk
- 3 Tbsp. fresh lemon juice
- ½ C. heavy cream
- 1 ½ C. fresh blueberries, rinsed and dried
- 1 C. whipped cream or whipped topping

In a large bowl, combine the sweetened condensed milk, lemon juice, and heavy cream; mix well. Fold in the whipped cream then gently stir in the blueberries until thoroughly combined. Pour into the piecrust, cover and chill overnight, or for at least 8 hours.

To give this extra homemade flair, garnish with additional whipped topping and a few fresh blueberries. And if you're up to it, make your own graham cracker crust.

Blueberry Pie

Submitted by Christine Janssen, Mattawan, MI

- 9 inch baked pie crust
- 1 C. sugar
- 4 Tbsp. flour
- ¾ C. margarine
- 1 1/8 C. water

Mix together and cook on stove top until thick and bubbly. Add 1-teaspoon vanilla. Cool completely. Add 3 cups of fresh blueberries. Put into cooled piecrust and top with cool whip.

Old-Fashioned Blueberry Whip

Courtesy of US Highbush Blueberry Council

- 1lb. 14 oz. Raspberry-flavored gelatin
- 4lbs. 8 oz. (4 quarts) Frozen blueberries, thawed and drained
- 1lb. 8 oz. (2 ½ quarts) Frozen whipped dessert topping, thawed
- Optional: Mint sprigs

In a bowl, combine gelatin with 5 cups boiling water; stir until completely dissolved. Stir in 2 ½ quarts cold water. Refrigerate just until gelatin starts to mound. In a blender container, place ½ of the gelatin mixture and 5 ½ cups of the blueberries; blend until smooth. Pour into a bowl. Repeat two more times with remaining gelatin and blueberries.

Fold in whipped dessert topping. Scrape mixture into hotel pans or other shallow containers. Chill until firm, about 3 hours. Spoon about ¼ cup Blueberry Whip into each dessert glass and garnish with a mint sprig, if desired.

Blue Wave Smoothie

Taken from *US Highbush Blueberry Council Newsletter*

2 C. fresh, frozen or canned blueberries
1 6-oz. Contained vanilla or other flavored low-fat yogurt
1 C. fruit juice (orange, pineapple, apple)

In the container of an electric blender, place blueberries, yogurt and fruit juice, whirl until smooth. Serve immediately.

Blueberry Pudding Pie

As seen in *Weight Watchers® magazine*

1 ½ C. cold fat-free milk
1 (1-oz) package fat-free, sugar-free instant cheesecake pudding mix
½ C. blueberry spread
2 Tsp. grated fresh lemon rind, divided
2 Tsp. water
1 ⅔ C. blueberries
Addition lemon rind (optional)

Combine cold milk and pudding mix in a medium bowl; beat with a whisk 2 minutes or until smooth. Spoon pudding into piecrusts.

Combine blueberry spread, 1 tsp. lemon rind and water in medium bowl. Gently fold in blueberries and remaining 1 tsp. lemon rind. Top pies evenly with blueberry mixture; cover and chill. Garnish with lemon rind, if desired.

Blueberry-Nectarine Cobbler

Gramercy Tavern, New York City

1 ⅔ C. flour
½ C. sugar, divided
6 Tbsp. cold butter, cut into ½-inch cubes
1 ½ Tbsp. baking powder
¼ Tsp. salt
¾ C. heavy cream, divided
4 C. blueberries
1 ½ pounds nectarines, pitted and diced
2 Tbsp. quick-cooking tapioca

In the bowl of a food processor, with chipping blade, combine flour, ¼ c. of sugar, butter, baking powder, and salt. Pulse until the mixture is coarse crumbs.

Set aside 1 tsp. of the cream; add the remaining cream to flour mixture; process until dough starts to form a ball, scraping sides of bowl as needed.

Turn the dough out onto a lightly floured surface and gently pat it together. Divide dough into eight 2-inch balls; flatten into rounds; wrap and refrigerate at least 20 minutes.

Meanwhile, in a large bowl, combine the blueberries, nectarines, 2 tbsp. of the remaining sugar, and the tapioca; let stand 20 minutes.

Preheat oven to 350°F. Spread blueberry mixture in a shallow 2 ½-quart baking dish; arrange dough rounds on top. Brush rounds with the reserved cream; sprinkle with the remaining 1-tbsp. sugar. Bake until the filling bubbles and the topping has browned, about 50 minutes. Serve warm with ice cream, if desired.

Blueberry Almond Crepes

Chef Lesley Marguis, New Hampshire

1 (16 oz.) container cottage cheese
2 egg yolks
3 Tbsp. plus ½ C. sugar
1 Tbsp. grated orange peel
½ C. chopped blanched almonds
¾ C. orange juice
4 C. fresh or frozen blueberries
18 crepes (recipe continued on top right)
½ C. toasted sliced natural almonds

Prepare filling: Blend cottage cheese, egg yolks, 3 tbsp. sugar and orange peel on whirl until well combined. Add chopped almonds; whirl until smooth; set aside.

Prepare blueberry sauce: In a saucepan combine the remaining ½ c. sugar and cornstarch. Stir in orange juice and blueberries. Over medium-high heat, bring to a boil, stirring constantly; cook and stir until thickened and clear, about 1 minute.

Assembly: Preheat oven to 300°F. Place 2 rounded tablespoons of filling on each crepe. Roll and place on a lightly greased baking sheet. Bake filled crepes about 15 minutes, until hot. Top with sauce and sprinkle with toasted almonds.

Crepes: In a blender container, place 4 eggs, 1 c. each flour and milk, 1 tbsp. light brown sugar and ¼ tsp. almond extract. Whirl until smooth. Spray crepe pan with non-stick cooking spray; heat over medium heat until hot. Add about 3 tbsp. batter to pan, tilting to make an even layer. Cook on one side until crepe begins to brown, about 1 minute. Place on a sheet of waxed paper, browned side up; repeat.



Grilled Pork Tenderloin with Mango-Blueberry Sauce

As seen in *Weight Watchers® magazine*

2 (1-pound) pork tenderloins, trimmed
½ Tsp. salt
½ Tsp. freshly ground black pepper
1 lime
2 C. fresh or frozen blueberries, thawed
1 Tbsp. finely chopped crystallized ginger
2 Ripe mangos, peeled and diced (2 cups)

Prepare grill. Butterfly the pork tenderloins by making a lengthwise cut down the center of 1 flat side, cutting within ½ inch of other side. Unfold, forming a rectangle. Sprinkle evenly with salt and pepper.

Place pork on grill rack coated with cooking spray; cover and grill 6 to 7 minutes on each side or until thermometer registers 155°F (slightly pink)

While pork grills, grate and juice lime, reserving ½ teaspoon lime rind and 2 tablespoons juice.

Combine blueberries, ginger, and 2 tbsp. lime juice in a large saucepan. Cover and cook over medium-high heat 3 minutes or until blueberries begin to pop, stirring occasionally. Stir in mango and ½ tsp. lime rind; cook 1 minute or until thoroughly heated. Serve over grilled pork.

Blueberry sauce can also be used to top ice cream, waffles, angel food cake, or pancakes.



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