

BLUEBERRY FAVORITES 2005



One of our favorite ways to use BLUEBERRIES all through the year is in the morning on our cereal or oatmeal. Many customers start their day with warm oatmeal over a generous portion of fresh or frozen blueberries. It's a great way to get needed antioxidants and fiber as well as being low in calories. There have been many studies showing that oatmeal may have cholesterol lowering benefits and recently there has been research on this benefit with blueberries as well.

To freeze fresh blueberries you take home, simply pick out any stems or leaves and pour them right in a freezer bag or box and place in the deep-freezer or coldest part of your refrigerator freezer. **DO NOT WASH** before freezing. This tends to wash off the berries natural waxy protective coating and may cause the berries to get tough. Simply rinse lightly before using. You may place frozen berries directly in recipes without thawing.

A great recipe for breakfast or an easy dessert for children to make is:

BLUEBERRY BASKETS

12 (1 oz. each) frozen dinner roll dough pieces

¼ cup brown sugar

1 T flour*

½ tsp cinnamon

¼ tsp ginger

1 cup fresh or frozen BLUEBERRIES

2 T 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 the middle of each ball of dough. Fill indentation with 1 tsp brown sugar/spice mixture and 1 rounded Tbls. of BLUEBERRIES. Sprinkle evenly with remaining sugar mixture. Top each with ½ tsp of butter. Let dough rest 15 minutes. Bake at 350° for 15 minute or until dough browns.

** When using frozen BLUEBERRIES, use 3 T flour. Fill indentation with 1 ½ Tsp sugar mixture before adding BLUEBERRIES.*

A great side salad or main dish salad when you add grilled chicken is:

BLUEBERRY AND TOASTED ALMOND SALAD

Mix your favorite lettuce and greens. Add any of the following: green onions, peppers, celery, carrots, broccoli, or cauliflower. Add toasted almonds (*Mix 1/2 cup sliced almonds and 3 T sugar. Cook over med. heat in a skillet until sugar is dissolved- don't let them burn! Stir constantly. Cool.*) Sprinkle on salad with a generous portion of fresh BLUEBERRIES.

Dressing:

dash tobasco

½ tsp salt

dash of pepper

1 T chopped parsley

2 T sugar or Splenda

2 T vinegar

¼ cup olive oil

Mix together and use only as much dressing as you want.

This recipe for **BLUEBERRY MUFFINS** comes out of the Lamar School Prime Meridian cookbook. It's moist and delicious.

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| 2 cups flour | 2 large eggs |
| 2 tsp baking powder | 1 tsp vanilla |
| ½ tsp salt | ½ cup milk |
| ½ cup margarine, softened | 2 ½ cups BLUEBERRIES |
| 1 cup sugar | sugar, for topping |

Preheat oven to 375°. Mix flour, bkg. powder and salt. Set aside. Beat margarine with an electric mixer until fluffy. Beat in sugar until well blended. Add eggs one at a time beating well after each. Stir in vanilla. Stir in half of flour mixture, then half of milk. Repeat. Fold in **BLUEBERRIES**. Spoon into greased and floured muffin tins. Sprinkle tops with sugar (optional). Bake 25 to 30 min.

BLUEBERRY PIE WITH SOUR CREAM

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| 3 cups BLUEBERRIES | 2 T butter |
| 4 T cornstarch | 1 T red wine vinegar |
| ½ c sugar | <i>topping: 1 cup sour cream (flavored with a little vanilla and sugar if desired)</i> |
| ¼ tsp salt | |

Place **BLUEBERRIES** in a heavy saucepan and bring to a simmer. Mix sugar, salt, and cornstarch together and add to **BLUEBERRIES** stirring constantly until thickened. Add vinegar and butter. Remove from heat and cool.

Pour into a 9 inch baked pie shell. Then spread sour cream topping over and bake in a 325° oven until sour cream is set—not browned.

Need a great **PIE CRUST** recipe to use with blueberry pies??

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| 1 ½ cup flour | 1 tsp salt |
| ½ cup Crisco | 1 tsp lemon peel |
| 1 T lemon juice | 4-6 T ice water |

Mix flour, salt, lemon peel. Cut in Crisco then toss with lemon juice and enough cold water to form a ball of dough. Roll out on a floured pastry cloth. Makes one large pie or two 8 inch pies.

BLUEBERRY CUSTARD PIE

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|--------------------------|--------------------------|
| 2 eggs | 2 T flour |
| ¾ cup sugar | 1 stick melted margarine |
| 2 cup BLUEBERRIES | |

Mix eggs, flour, sugar, and margarine. Fold in blueberries. Pour into an unbaked pie shell and bake at 350° until set (about 30-40 min.).

JOHNSON BLUEBERRY FARM

11624 SUQUALENA ROAD

(601) 626-8166

Season runs early June- late July.

SUQUALENA COMMUNITY