

BLUEBERRY RECIPES

Kaz's Blueberry Explosion

1 cup washed blueberries
Microwavable container
Cover berries with waxed paper and microwave on high until berries explode - 15 seconds. Pour on ice cream or pancakes.

Kaz Smolenski
Richland, MI

Lemon-Berry Crumb Cake

Prep: 30 minutes Bake: 45 minutes

Nonstick cooking spray
1 cup all-purpose flour
1 tsp. baking powder
1/4 cup butter, softened
3/4 cup sugar
2 tsp. finely shredded lemon peel
2 Tbsp. lemon juice
2 eggs
2 Tbsp. milk
1 1/2 cups fresh blueberries
1/2 cup all-purpose flour
1/2 cup sugar
1 tsp. ground coriander
1/4 cup cold butter

1. Preheat oven to 350 degrees F. Coat bottom and sides of an 8x8x2-inch baking pan with cooking spray; set aside. Combine the 1 cup flour and the baking powder; set aside.

2. In a large mixing bowl beat the 1/4 cup softened butter with an electric mixer on medium to high speed for 30 seconds. Add the 3/4 cup sugar, lemon peel, and lemon juice; beat until well combined. Add eggs, one at a time, beating well after each. Add reserved flour mixture and milk alternately to beaten mixture, beating on low speed after each addition until just combined. Pour batter into prepared pan; spread evenly. Sprinkle with blueberries.

3. In a small bowl combine remaining flour, sugar, and coriander. Cut in butter until mixture resembles coarse crumbs. Sprinkle over berries. Bake for 45 to 50 minutes or until a toothpick inserted near center comes out clean. Serve warm. Makes 9 servings.

Nutrition facts per serving: 312 cal., 12 g total fat (7 g sat. fat), 75 mg chol., 162 mg sodium, 47 g carbo., 1 g fiber, 4 g pro. Daily Values: 11% vit. A, 8% vit. C, 4% calcium, and 8% iron.

Better Homes and Gardens, June 2001

Blueberry Sugar Cakes

1 cup sugar
1/2 cup shortening
1/2 tsp. salt
3 eggs
2 cups flour
2 tsp. baking powder
1/2 tsp. cinnamon
1 cup milk
1 cup fresh or frozen blueberries
Mix sugar and shortening until fluffy. Add salt. Stir in eggs. Sift flour and baking powder together and add to mixture. Add cinnamon. Add milk gradually and beat mixture for 60 strokes until dough is smooth and satiny. Dust blueberries lightly with flour and carefully fold into mixture. Spoon batter into well greased muffin tins, filling 2/3 full. Bake in a preheated 400 degree oven until toothpick comes out dry, about 20 to 30 minutes. Makes 12 cakes.

Blueberries in the Snow

1/2 cup sugar
1/2 cup milk
1 pkg. (8 oz) cream cheese, softened
1 ctn. (16 oz) whipped topping
1 1/2 cups fresh blueberries
1 lg. angel food cake
1 can (21 oz) blueberry pie filling (or make your own filling)
Combine sugar, milk and cream cheese in a large bowl. Beat with electric mixer until blended. Fold in whipped topping and blueberries. Crumble angel food cake into small pieces and add to cream mixture. Mix well and pour into a large bowl, packing mixture down and spreading evenly. Pour blueberry pie filling on top and spread evenly. Cover and refrigerate for at least 3 hours before serving.

(Berry Lovers Cookbook)

Blueberry Buttermilk Muffins

2 1/2 cups flour
1 1/2 tsp. baking powder
1/2 tsp. soda
3/4 cup sugar
pinch salt
2 eggs, beaten
1 cup buttermilk
1 cube butter (1/4 lb.)
1 1/2 cups fresh blueberries

Sift dry ingredients together in a large bowl. In another bowl, whisk eggs, buttermilk and butter that has been melted and browned slightly. Make a well in dry ingredients and pour in liquid ingredients, mixing quickly. Fold in blueberries. Spoon batter into greased muffin cups and bake until golden brown.

Bake at 400 degrees 20-30 minutes. • Makes 24 muffins

(Joy of Muffins Cookbook)

Blueberry Crisp

4 cups blueberries
1/2 cup sugar
2 Tbsp. cornstarch
2 Tbsp. lemon juice
1/2 cup rolled oats
1/2 cup all-purpose flour
1/2 cup packed brown sugar
2 Tbsp. chopped toasted walnuts
6 Tbsp. light margarine or butter
1. Preheat the oven to 375 degrees F. Coat a 1-quart casserole with cooking spray.
2. In a large bowl, mix the blueberries, sugar, cornstarch, and lemon juice. Spoon into the casserole.
3. In the same bowl, mix the oats, flour, brown sugar, and walnuts. With a fork or pastry blender, cut in the margarine or butter until the mixture resembles cornmeal. Sprinkle over the berry mixture.
4. Bake for 45 minutes, or until lightly browned and bubbling.

Makes 8 servings

Per serving: 215 cal, 2 g pro, 40 g carb, 6 g fat, 1 g sat fat, 0 mg chol, 2 g fiber, 45 mg sodium.

(Prevention Magazine)

Blue Bandana Bread

1/2 cup butter or margarine, softened
1 cup sugar
2 eggs
1 tsp. vanilla
1 1/2 cups flour
1 tsp baking soda
1/2 tsp salt
2 large ripe bananas, mashed
1 1/2 cups blueberries, fresh or frozen
1/2 cup chopped nuts (optional)
Preheat oven to 350 degrees. Cream butter and sugar. Mix in eggs and vanilla. Add dry ingredients and mix well. Stir in bananas and blueberries. Pour into greased 9x5 inch loaf pan and bake 50 to 60 minutes.

(“A Taste of Blueberries” Cookbook)

STRAWBERRY RECIPES

Summer Fruit Compote

1/4 cup honey
1 Tbsp. lemon juice
1/2 tsp. finely shredded orange peel
1/4 tsp. ground cinnamon
2 oranges, peeled and sectioned
1 1/2 cups cubed honeydew melon or cantaloupe
1 cup fresh blueberries
1 cup halved strawberries
Toasted coconut

Combine honey, lemon juice, orange peel, and cinnamon. Drizzle over orange sections in a bowl. Cover and chill several hours or overnight. Chill the remaining fruits.

To serve, drain orange sections, reserving the liquid. Arrange orange sections, melon, blueberries, and strawberries in 4 individual dessert dishes.

Drizzle the reserved liquid over fruit mixture. Sprinkle with toasted coconut. Makes 4 servings. (*Better Homes & Gardens*)

Strawberry Cream Cheese Pie

9-inch baked pie shell
5 cups strawberries
2 Tbsp. cornstarch
3/4 cup sugar
1/2 cup water
2 Tbsp. lemon juice
3 oz. cream cheese
1/4 cup powdered sugar

In saucepan, put about 1 cup sliced strawberries, cornstarch, sugar, water and lemon juice. Bring to boil, stirring. Boil until thick and clear. Remove from heat, cool. Beat together cream cheese and powdered sugar until smooth. Spread evenly in pie shell. Put large raw strawberries over cream cheese. Pour cooled strawberry puree over strawberries. Chill until serving time. May top with whipped cream.

Fresh Strawberry Cake

2 eggs
1 cup sugar
1 cup crushed strawberries
1 tsp. soda
1 1/2 cup flour

Combine eggs and sugar in one bowl and mix well. Place crushed berries in a second bowl; add soda. Soda will cause berries to foam up and turn a reddish brown. When well mixed and foamy, add to egg and sugar mixture. Add flour, a little at a time, until well mixed. Pour batter into a well-greased (not floured) 8 or 9 inch square pan. Bake 30-40 minutes in a pre-heated 350 degree oven.

Note: This recipe does not call for any shortening . . . just the 5 ingredients. Serve cake plain, topped with crushed berries or frosted with caramel icing.

Strawberry Glace Pie

9-inch baked pie shell
6 cups strawberries (about 1 1/2 quarts)
1 cup sugar
3 tbsp cornstarch
1/2 cup water
1 package (3 ounces) cream cheese, softened
Bake pie shell. Mash enough strawberries to measure 1 cup. Mix sugar and cornstarch in 2-quart saucepan. Stir in water and strawberries gradually. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; cool. Beat cream cheese until smooth; spread on bottom of pie shell. Fill shell with remaining strawberries; pour cooked strawberry mixture over top. Refrigerate until set; at least 3 hours. (*Betty Crocker*)

Strawberry Pie

1 cup (heaping) flour
1/2 cup butter
3 1/2 tablespoons powdered sugar
1 qt. strawberries
1 cup sugar
3 Tbsp cornstarch

Blend flour, butter and powdered sugar; press in pan with fingers. Bake at 350 degrees until slightly brown, about 20 minutes. Place half of berries in baked crust. Add sugar and cornstarch to remaining berries; boil until clear and thick. Cool slightly; pour over berries in crust. Cool; cover with whipped cream and serve.

Louise H. Brus, Blue Grass, Iowa, Mississippi Valley Fair Favorite Recipes of America Cookbook

Frozen Strawberry Pie

Beat 2 egg whites until stiff.
Add 1 cup sugar and beat until sugar is dissolved.
Add 2 cups strawberries (Frozen or fresh) and beat.
Whip 2 cups cream and fold into strawberry mixture.
Pour into a graham cracker crust and freeze.
Makes 2 pies
*Susie Bontrager
Amish Country Cookbook*

Strawberry Cooler

1 cup sliced strawberries
1 cup yogurt
1 cup skim milk
2 Tbsp. honey
Whip all ingredients in blender until smooth; makes 3 cups.

FACT
Strawberries are **extremely perishable**. Refrigerate as soon as possible.

LEDUC FARMS BLUEBERRIES & STRAWBERRIES

616-657-3871
30th St. • Paw Paw

Now in two locations

616-657-5894
M-40 • Paw Paw

Owners: Joe A. Leduc & Mark R. Leduc