

Blueberry Fields of Stillwater Favorite Recipes 2015

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Make sure blueberries are dry; chill or freeze blueberries as soon as possible. To freeze, roll fresh blueberries on a towel to remove any stems or leaves. Place in freezer bags or containers. Rinse them after removing from freezer, right before using them.

***For growing tips, consult U of MN Extension article: “Blueberries for Home Landscapes”

<http://www.extension.umn.edu/distribution/horticulture/dg3463.html>

Blueberry Smoothie

½ cup frozen blueberries (add a few ice chips if berries are thawed)

1 banana (or canned/fresh peaches)

½ cup plain yogurt with ½ teaspoon vanilla, or use vanilla yogurt

½ cup milk or juice

Mix in blender. Add small amount of stevia or agave to sweeten if needed.

** May add protein powder with a bit more milk.

Blueberry Coconut Banana Bread www.tasteandtellblog.com/blueberry-coconut-banana-bread

2 cups + 1 tablespoon all-purpose flour

1 ½ teaspoons baking powder

½ teaspoon baking soda

½ teaspoon cinnamon (optional)

¼ teaspoon salt

¼ teaspoon nutmeg

2 eggs, lightly beaten

1 cup sugar

1 cup fresh or frozen blueberries

Streusel Topping: 3 tablespoons packed brown sugar
2 tablespoons all-purpose flour
2 tablespoons butter, cut into pieces
½ cup shredded sweetened coconut

1/8 teaspoon ginger

1 ½ cups mashed ripe bananas

1/2 cup melted butter

1/2 cup shredded sweetened coconut

Preheat the oven to 350°F. Spray a 9x5-inch loaf pan with nonstick cooking spray.

In a large bowl, combine 2 cups of the flour, baking powder, baking soda, salt, nutmeg and ginger. In another bowl, combine the eggs, bananas, sugar and melted butter. Stir the wet ingredients into the dry ingredients, just until moistened. Toss the blueberries in the remaining 1 tablespoon of flour. Fold in the blueberries and coconut. Pour into the prepared loaf pan.

To make the streusel, combine the brown sugar and flour. Cut in the butter with a fork or a pastry cutter until it resembles coarse crumbs. Stir in the coconut. Sprinkle on top of the batter.

Bake in the preheated oven until a tester inserted in the middle comes out clean, about 60 minutes. (Cover the top of the bread with foil during the last 15 minutes of baking to prevent over browning, if necessary.) Cool for 10 minutes in the pan then carefully remove to a wire rack to cool completely.

Martha Stewart's Blueberry Crisp

<http://www.marthastewart.com/339882/blueberry-crisp> (adapted)

Filling: 6 cups blueberries (May use ½ rhubarb)

½ cup sugar (up to ¾ cup when using ½ rhubarb)

1 tablespoon cornstarch

1 teaspoon fresh lemon juice (I use 2 Tablespoons)

¼ teaspoon coarse salt

Topping: ¾ cup all-purpose flour

½ cup rolled oats

½ teaspoon baking powder

½ teaspoon coarse salt

6 tablespoons unsalted butter, softened

1/3 cup sugar (I use brown sugar)

***I add ½ cup chopped walnuts or pecans

Preheat oven to 375°F. Mix blueberries, sugar, cornstarch, lemon juice, and salt in a bowl. Transfer to an 8-inch square pan. Then stir together flour, oats, baking powder, and salt. Cut butter into dry ingredients with pastry blender or food processor. Sprinkle topping evenly over filling. Bake until bubbling in center and brown on top, about 1 hour. Transfer to a wire rack, and let cool for 30 minutes before serving.

Mike's Favorite Blueberry Rhubarb Pie for 10" Pie

2 ½ cups fresh or frozen blueberries
2 ½ cups rhubarb, fresh or frozen
½ cup flour

¾ cup brown sugar, more or less to taste ¾ cup white sugar, more or less to taste 2 Tablespoons butter, cut into small pieces

Preheat oven to 400°F with rack low in oven. Prepare or purchase unbaked pie crusts.

www.inspiredtaste.net/22662/flaky-pie-crust-recipe

Mix the above ingredients and pour into bottom crust, covering with butter. Cover with top crust, sealing edges and slicing top for steam. Bake at 400 °F until juices are bubbling and crust is deep golden brown, about 60 to 70 minutes. Cool completely before cutting to allow filling to thicken. Best served with ice cream.

Fruit Salad with Lemon Poppy Seed Dressing

<http://m.allrecipes.com/recipe/13482/winter-fruit-salad-with-lemon-poppseed-dressing> (adapted)

½ cup white sugar
½ cup lemon juice
1 teaspoon spicy brown mustard (or Dijon)
½ teaspoon salt
2 teaspoons diced onions (optional)
2/3 cup vegetable oil
1 Tablespoon poppy seeds
1 head Romaine lettuce, (or other greens)cut into bite-sized pieces
4 ounces shredded Parmesan (or Swiss) cheese
1 cup coarsely chopped nuts (walnuts) (May roast briefly to increase flavor)
1 grapefruit, peeled and sliced to remove sections
1 cup fresh or frozen blueberries
***I add chunks of avocado

In a blender or food processor, combine sugar, lemon juice, onion, mustard, and salt. Process until well blended. With machine still running, add oil in a slow, steady stream until mixture is thick and smooth. Add poppy seeds, and process to mix. In a large serving bowl, toss together the romaine lettuce, shredded, cheese, fruit, and nuts. Pour dressing over salad just before serving, and toss to coat.

Lemon-Glazed Blueberry Scones (adapted from Lake Superior Magazine's The Guide 2014)

2 cups all-purpose flour (plus 1 Tablespoon)
1 Tablespoon baking powder
1 teaspoon salt
1/3 cup sugar
¼ cup frozen butter (grated and then stored in freezer until ready to mix into dry ingredients)
¾ cup buttermilk or heavy cream
1 egg
2 cups fresh or frozen blueberries

Lemon Glaze: 2 tablespoons butter, melted 2 cups powdered sugar Zest and juice from 2 lemons Mix and frost cooled scones.
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Preheat oven to 400°F. In a large bowl, mix flour, baking powder, salt, and sugar. Cut in butter. In another bowl, mix buttermilk and egg. Add to flour mixture. Roll blueberries in a bit of extra flour to coat and fold into batter. Drop large tablespoons on ungreased cookie sheet. Bake 15 to 20 minutes. Cool before adding glaze.