

Blueberry Fields of Stillwater Favorite Recipes 2011

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Blueberry Tips (From www.pickyourown.org and Bev)

Freshly picked blueberries will transport well if kept in an open container.

Chill berries soon after picking to increase shelf life. If refrigerated, fresh-picked blueberries will keep 10-14 days. Make sure blueberries are dry before chilling or freezing. Rinse blueberries with cool water right before using them.

Blueberries freeze well. Roll fresh blueberries on a towel to remove any leaves. Place in freezer bags or containers. Chill while containers are still open. Then remove air, close containers, and freeze. You may wash them after removing from the freezer.

Blueberries are delicious when eaten while partially frozen.

***For growing tips, consult U of MN Extension article:

“Blueberries for Home Landscapes”

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

Blueberry Pound Cake (The Joy of Blueberries) and Fresh Lemon Curd

2 c. sugar

1 c. butter, softened

1 Tablespoon pure vanilla extract

4 eggs

3 c. flour, divided

½ teaspoon baking powder

2 cups fresh or frozen blueberries, thaw if frozen (May add 1 cup raspberries)

Preheat oven to 325. Grease and flour 10” Bundt pan. In a large mixing bowl, beat sugar and butter until light and fluffy. Add vanilla extract. Beat in eggs one at a time until well blended. Mix 2 cups flour and baking powder. Gradually beat into creamed mixture until smooth. Mix blueberries and remaining flour until coated. Carefully fold into batter. Pour batter into prepared pan. Bake 1 hour and 15 minutes or until a wooden toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan and invert on serving plate. Serve with chilled Lemon Curd.

The Best Fresh Lemon Curd (Marilyn Pittman)

1 c. sugar

1 c. lemon juice (about 5 large lemons)

1 Tablespoon firm butter, cut into pieces

3 eggs, slightly beaten

Mix sugar and juice in heavy 1 ½ quart saucepan. Stir in eggs and butter. Cook over medium heat for about 8 minutes, stirring constantly with a wire whip until mixture thickens slightly (do not boil). Immediately, pour into a glass 2 cup container. Chill and serve with blueberry pound cake. Store covered in refrigerator.

(May want to pour through a fine sieve to remove small flecks of cooked egg white)

Blueberry-Balsamic Sauce for Pork (Adapted from Associated Press)

- 2 ½ c. blueberries
- ¼ c. packed brown sugar (up to 1 cup for sweeter sauce)
- ½ c. finely chopped sweet onion
- 1/3 c. balsamic vinegar
- 1 Tablespoon minced fresh ginger
- ¼ teaspoon salt

Mix all ingredients in sauce pan. Cook at a vigorous simmer for about 20 to 25 minutes or until the berries have popped and sauce starts to thicken. Remove from heat and set aside. Sauce will thicken as it cools slightly. Serve over grilled pork chops.

Blueberry Walnut Muffins

Muffins:

- 1 ½ c. flour
- ¾ c. brown sugar
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1/3 c. oil
- 1 egg
- ½ c. buttermilk
- 1 teaspoon vanilla
- 1 c. chopped rhubarb
- ½ c. chopped walnuts
- 1 c. blueberries dusted with a sprinkle of flour

Topping:
½ c. brown sugar
¼ c. chopped walnuts
½ teaspoon cinnamon
Mix in small bowl and set aside.

Preheat oven to 325. Grease muffin pans or line with paper liners. In bowl, combine flour, ¾ c. brown sugar, baking soda, and salt. In another bowl, combine oil, egg, buttermilk, and vanilla. Add wet ingredients to dry, mixing only until moist. Fold in rhubarb, walnuts, and blueberries. Spoon batter into prepared muffin tins. Sprinkle with topping. Bake 20-25 min.

Makes 12 muffins. May double recipe for 24 muffins.

Blueberry Bread (adapted from Cooks.com)

- 2 c. sugar
- ½ c. butter
- ½ c. oil
- 1 c. lemon yogurt (or sour cream)
- 1 teaspoon lemon extract
- 1 Tablespoon lemon zest
- 4 eggs
- 1 teaspoon vanilla
- 4 c. flour
- 2 ½ teaspoons baking powder
- ¾ teaspoon baking soda
- 2 c. blueberries
- 1 c. chopped pecans or walnuts (optional)

Grease 2 loaf pans. Preheat oven to 350. Cream sugar, butter, and oil. Add sour cream, lemon extract and zest, eggs, and vanilla. Add dry ingredients and mix well. Add berries and nuts. Bake for 45 to 50 minutes or until a toothpick comes out clean.