



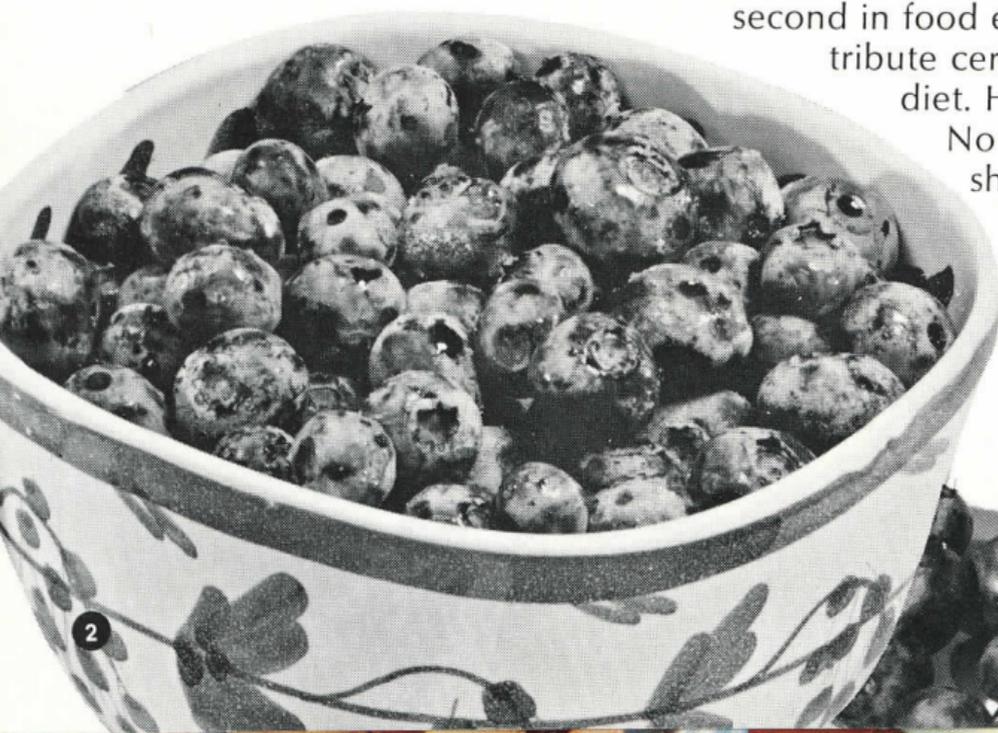
Luscious
BLUEBERRY
Recipes



Blueberries come pretty close to being all things to all men. They brighten up breakfast, lighten up lunch, make dinner memorable and give character and nutrition to between meal snacks.

These magnificent berries have even more to offer than superb taste. Of all the berries, blueberries rank first in Vitamin A and second in food energy. They contain Vitamin C and contribute certain useful minerals, such as iron, to the diet. Half a cup contains only 42 calories.

No matter where they're grown—on the shores of Lake Michigan, North Carolina, New Jersey, New England, the Maritime Provinces of Canada, or in the great northwest, Washington, Oregon and British Columbia—

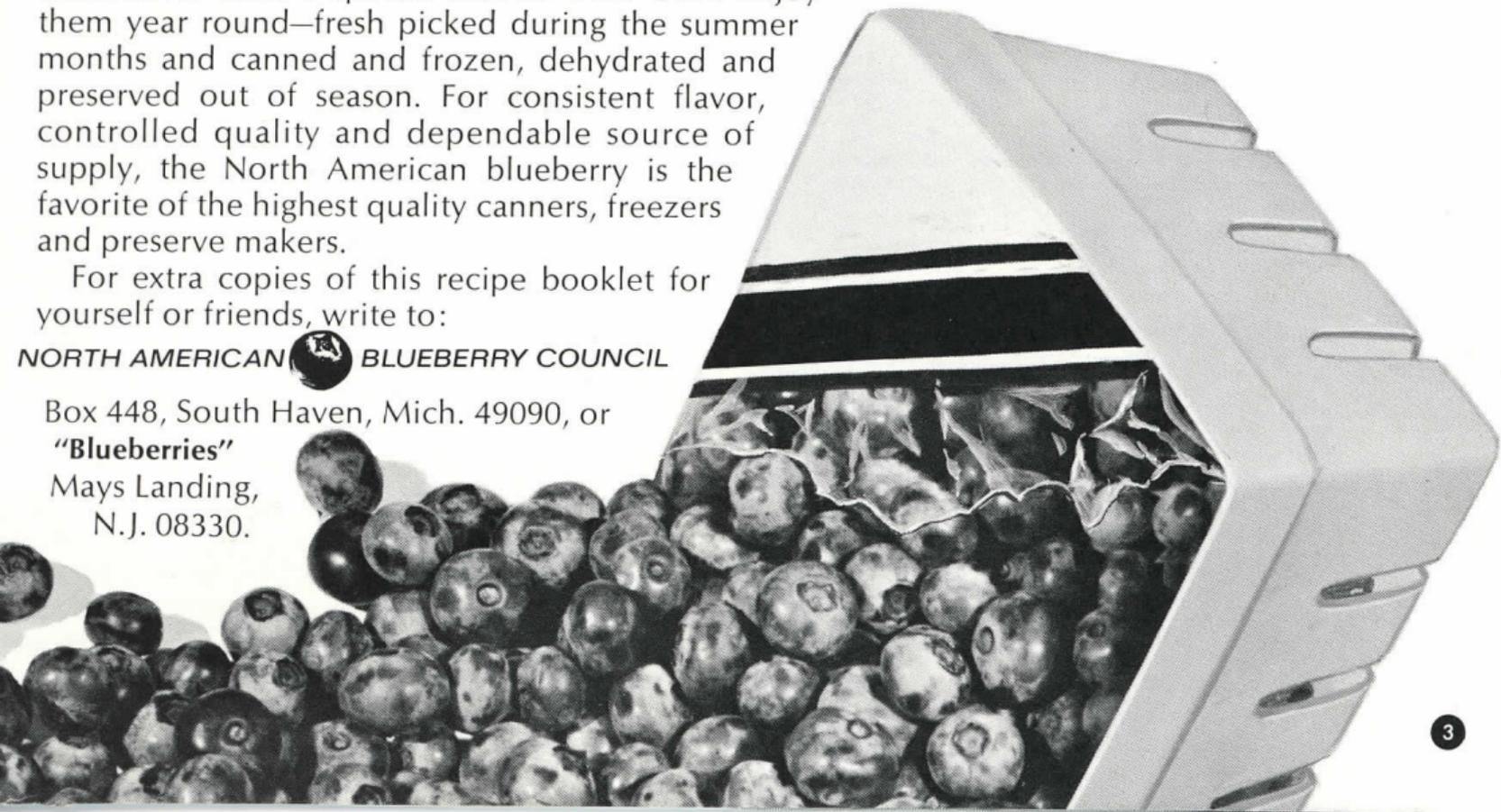


blueberries have a special zest all their own. Enjoy them year round—fresh picked during the summer months and canned and frozen, dehydrated and preserved out of season. For consistent flavor, controlled quality and dependable source of supply, the North American blueberry is the favorite of the highest quality canners, freezers and preserve makers.

For extra copies of this recipe booklet for yourself or friends, write to:

NORTH AMERICAN  BLUEBERRY COUNCIL

Box 448, South Haven, Mich. 49090, or
"Blueberries"
Mays Landing,
N.J. 08330.





BLUEBERRY MUFFINS

2 cups sifted all-purpose flour	1 cup milk
3 teaspoons baking powder	6 tablespoons melted shortening
½ teaspoon salt	1 cup blueberries
¼ cup sugar	1 tablespoon sugar
1 egg, well beaten	

Sift together flour, baking powder, salt and ¼ cup sugar. Combine egg, milk and shortening and add all at once to flour mixture. Stir until dry ingredients are moist but still lumpy. Fold in blueberries. Fill greased muffin pans $\frac{2}{3}$ full. Sprinkle with 1 tablespoon sugar. Bake in hot oven (400° F.) about 25 minutes. Makes 1 dozen muffins.

BLUEBERRY BISCUITS

Place 1 package refrigerated flaky buttermilk biscuits (10 biscuits) on cookie sheet at least 1 inch apart. Make a pocket in each biscuit and fill with blueberries or fill with one teaspoon blueberry preserves; pinch edges together. Follow baking directions given on package. Makes 10 biscuits.

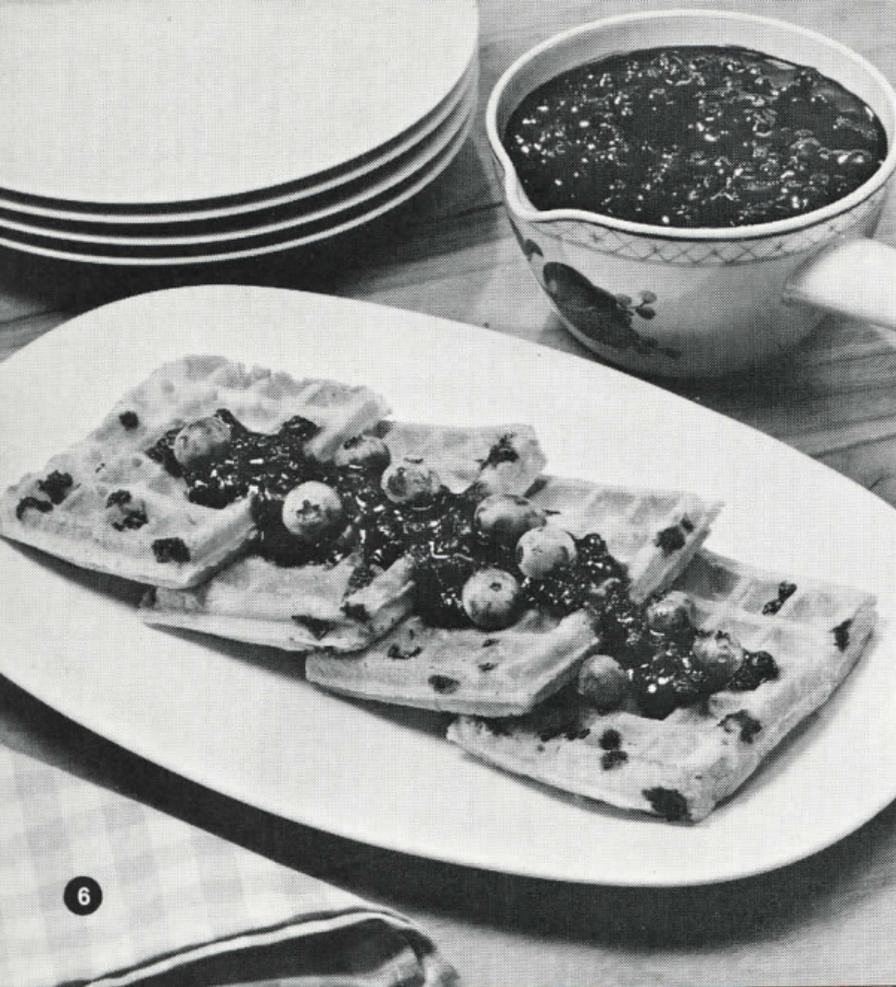
BLUEBERRY PANCAKES

1¼ cups sifted all-purpose flour	1 cup milk
2 teaspoons baking powder	3 tablespoons melted shortening
2 tablespoons sugar	1 cup blueberries
¾ teaspoon salt	
1 egg, well beaten	

Sift together flour, baking powder, sugar and salt. Combine egg, milk and shortening. Slowly add to flour mixture, stirring only until dry ingredients are moist but still lumpy. Fold in blueberries. Bake on hot greased griddle. Turn pancakes when covered with bubbles; turn only once during baking. Makes 10 to 12 pancakes.

If you're in a hurry, make pancake batter from 2 cups pancake mix following package directions; add 1 cup blueberries. Or buy frozen pancakes; warm in toaster. Serve with blueberry syrup, blueberry preserves, or blueberry sauce (recipe on page 7).





BLUEBERRY WAFFLES

2 cups sifted all-purpose flour	2 eggs, separated
3 teaspoons baking powder	$\frac{1}{4}$ cup melted butter or margarine
$\frac{1}{2}$ teaspoon salt	1 cup blueberries
1 tablespoon sugar	
$1\frac{1}{2}$ cups milk	

Heat waffle iron while mixing batter. Sift together dry ingredients. Slowly stir in milk, beaten egg yolks and melted butter or margarine. Fold in blueberries; then fold in egg whites which have been stiffly beaten. Bake in hot waffle iron. Makes about 6 waffles.

If you're in a hurry, buy frozen waffles; warm in toaster. Top with blueberry preserves or blueberry syrup. Or serve with blueberry sauce (recipe on page 7).

BLUEBERRY SNOWBALLS

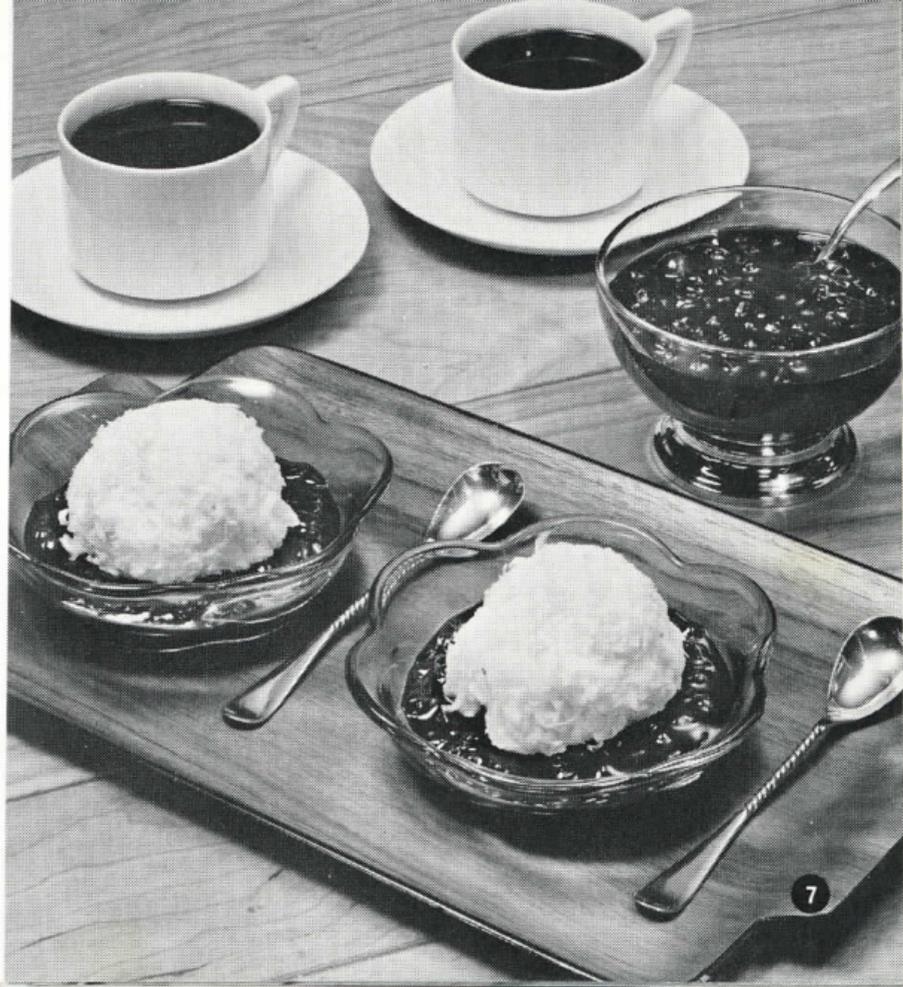
With an ice cream scoop, make snowballs of vanilla ice cream. Roll in flaked or shredded coconut.* Freeze until firm. Serve with blueberry sauce (see recipe below) or blueberry syrup.

*Or roll in crumbled dry cereal.

BLUEBERRY SAUCE

½ cup sugar	1 pint
2 teaspoons cornstarch	blueberries
Dash salt	1 tablespoon lemon juice
½ cup water	1 teaspoon grated lemon rind

Combine sugar, cornstarch and salt. Stir in water. Add blueberries. Bring to boil; simmer until clear and thickened, about 4 minutes. Remove from heat and add lemon juice and rind. Chill. Serve on ice cream, cream puffs, sponge or angel food cake, puddings, baked custard, waffles or pancakes.



BLUEBERRY FAVORITES



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LATTICED BLUEBERRY PIE

Pastry for two-crust
9-inch pie
2 pints
blueberries
 $\frac{3}{4}$ to 1 cup sugar

$\frac{1}{4}$ cup all-purpose flour
1-2 teaspoons lemon juice
1 tablespoon butter or
margarine

Roll out half of pastry; line 9-inch pie plate and trim pastry about $\frac{1}{2}$ -inch larger than rim. Fill with blueberries. Combine sugar and flour and sprinkle over berries. Sprinkle with lemon juice. Dot with butter or margarine. Roll out rest of pastry; cut into half-inch strips. Moisten edge of bottom crust. Arrange pastry strips in lattice across top of pie. Fold edge of bottom crust over ends of strips, press together and flute. Bake in hot oven (425° F.) about 45 minutes, or until crust is golden brown and filling begins to bubble.

If you're in a hurry, buy ready-to-bake pie shells and fill with canned ready-to-use blueberry pie-filling following package directions.

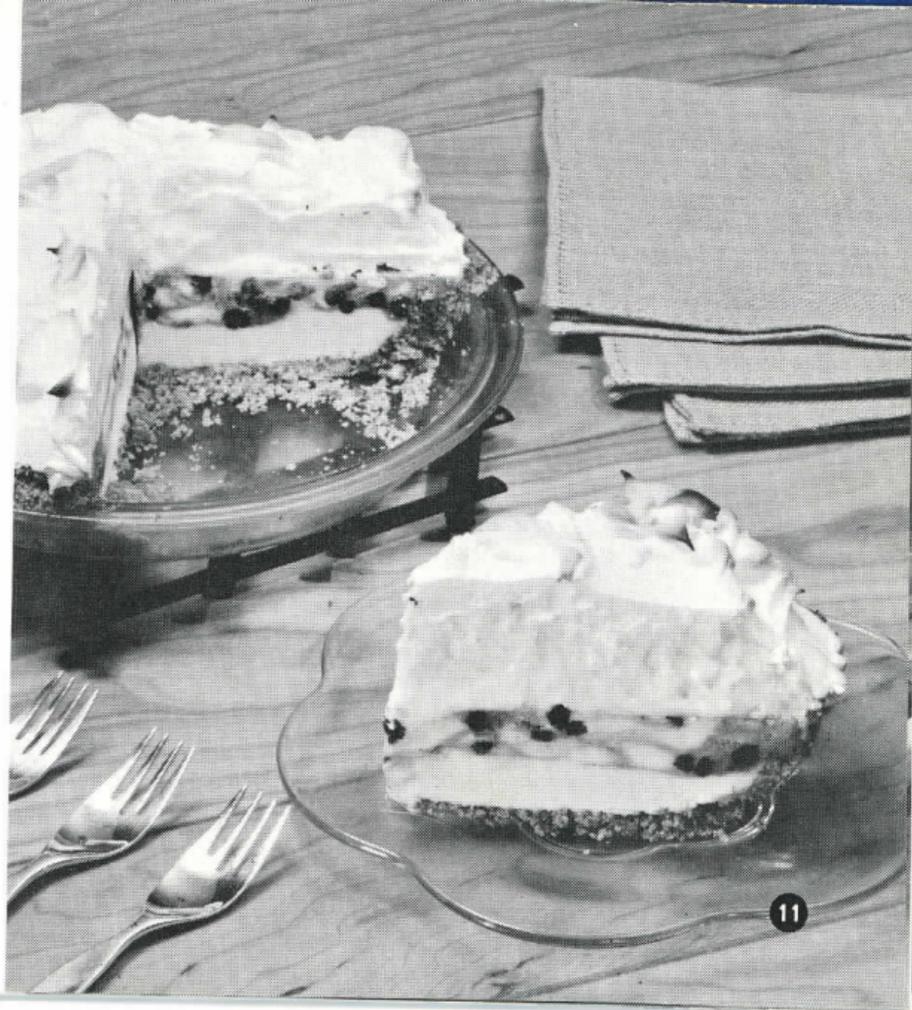
BLUEBERRY ICE CREAM PIE

1 1/3 cups fine graham
cracker crumbs
1/4 cup butter, softened
1/4 cup sugar
1 quart vanilla ice cream,
softened
1 1/2 cups blueberry sauce*

3 egg whites
1/2 teaspoon vanilla
1/4 teaspoon cream
of tartar
6 tablespoons sugar

Mix crumbs, butter and sugar until crumbly. Press firmly in unbuttered 9-inch pie plate. Bake in moderate oven (375° F.) 8 minutes. Cool. Spread half of ice cream in cooled crumb shell. Mix remaining ice cream with blueberry sauce. Fill pie. Freeze until firm. Allow egg whites to reach room temperature. Beat egg whites, vanilla and cream of tartar until soft peaks form. Gradually add 6 tablespoons sugar, beating until stiff and glossy. Cover entire surface of ice cream with meringue, sealing to edges. Place pie plate on board and bake in very hot oven (475° F.) about 2 or 3 minutes, or until lightly browned. Serve at once. Makes 6-8 servings.

*See recipe, page 7.





BLUEBERRY COBBLER

1 cup sifted flour	$\frac{3}{4}$ cup water
$1\frac{1}{2}$ teaspoons baking powder	$\frac{1}{4}$ cup butter or margarine
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup sugar
1 pint blueberries	1 egg, slightly beaten
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ cup milk
1 teaspoon grated lemon rind	$1\frac{1}{2}$ teaspoons vanilla

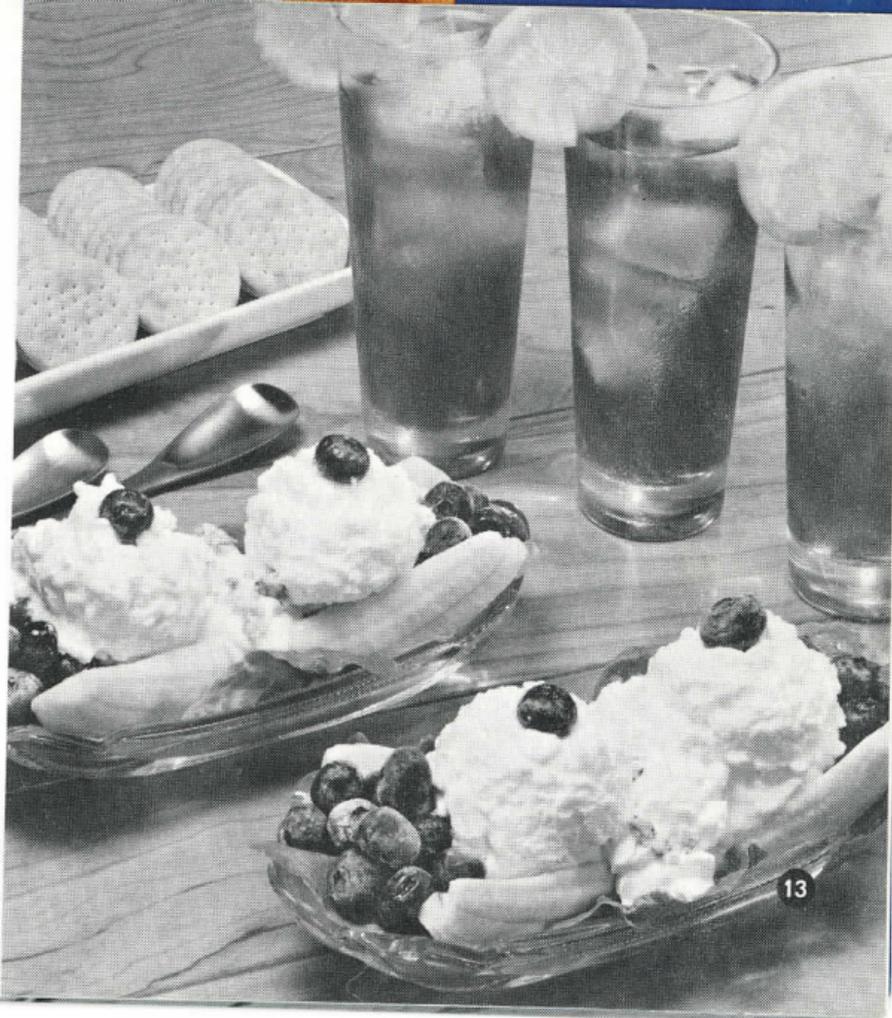
Sift together flour, baking powder and salt. Combine blueberries, $\frac{1}{3}$ cup sugar, lemon rind and water. Bring to a boil, stirring constantly, until sugar dissolves. Reduce heat; simmer 5 minutes. Cream butter or margarine until soft, adding $\frac{1}{2}$ cup sugar gradually, beating after each addition until light and fluffy. Add dry ingredients alternately with combined egg, milk and vanilla, beating well after each addition. (Batter will be thin.) Pour hot blueberry mixture into greased $1\frac{1}{2}$ -quart casserole. Spoon on cobbler batter. Bake in moderate oven (375° F.) 30 minutes. Serve warm with whipped cream or vanilla ice cream. Makes 6 servings.

BLUEBERRY BANANA SPLIT SALAD

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|--|--|
| 1 half pint commercial sour cream | Bibb lettuce or chicory |
| $\frac{3}{4}$ cup (about 4 ounces) crumbled Danish blue cheese | Lemon juice or ascorbic acid solution* |
| 1 tablespoon olive or salad oil | 6 bananas |
| 2 tablespoons wine vinegar | 2 pounds creamed cottage cheese |
| $\frac{1}{8}$ teaspoon freshly ground pepper | $1\frac{1}{2}$ cups blueberries |
| $\frac{1}{4}$ teaspoon salt | |

Combine first six ingredients. Chill. Arrange Bibb lettuce or chicory on six individual plates. Peel bananas and halve lengthwise. Coat all surfaces with lemon juice or ascorbic acid solution. Arrange two halves on each plate. Using ice cream scoop, place two scoops of cottage cheese on each plate. Garnish with blueberries. Serve with blue cheese dressing. Makes 6 servings.

*Combine 2 teaspoons ascorbic acid mixture with $\frac{1}{4}$ cup water.





BLUE ANGEL

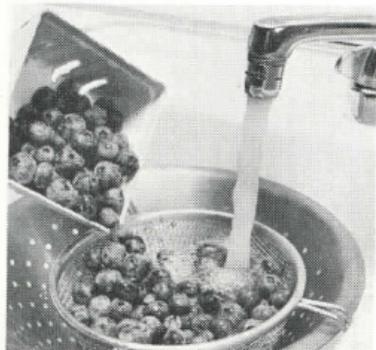
1 package angel food
cake mix
1 pint heavy cream
 $\frac{1}{4}$ cup sugar

1 teaspoon vanilla
1 pint blueberries

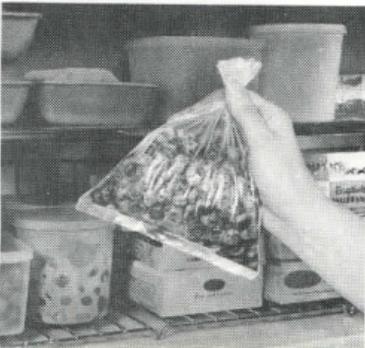
Mix, bake and cool angel food cake according to package directions. Cut crosswise into three layers. Whip cream, gradually adding sugar and vanilla when cream begins to thicken. Fold in blueberries. Spread between layers, then frost top and sides. Refrigerate several hours before serving. Makes 10-12 servings.

If you're in a hurry, buy angel food cake; cut in wedges. Top each wedge with sweetened, blueberries or blueberry sauce (recipe on page 7). Garnish with instant ready whipped cream.

BLUEBERRIES FREEZE WITH EASE



Freezing blueberries is as easy as one-two-three. Wash them, freeze them, enjoy them! Serve them any time.



TO FREEZE: Pick over blueberries, wash, drain and dry thoroughly on paper toweling.

FOR UNSWEETENED PACK: Pack thoroughly dried berries in containers leaving at least one half inch head space. Seal and freeze. Home frozen unsweetened blueberries may be substituted in all recipes calling for fresh blueberries. Use unthawed in baked pies, muffins, waffles, pancakes, cobblers, etc. Thaw quickly for salads, uncooked desserts and cereal topping, etc. by placing in sieve or colander and running under cold water. Dry on paper toweling.

FOR SYRUP PACK: Prepare medium syrup: Dissolve 3 cups sugar in 4 cups hot water. Cool completely. Makes enough syrup to pack 8 pints of berries. Pack berries in containers leaving one-half inch head space. Cover with syrup. Seal and freeze. Use raw in shortcakes, fruit salad, fruit cup, dessert topping, etc. Thaw berries just enough to drain off syrup; serve when still a bit frosty.

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