

A Note on Blueberries

From food writer Peter G. Rose

The wonderful fruits of summer will be delicious pick-me-ups in the heart of winter; now is the time to freeze some. Imagine how good summer's bounty will taste when it is cold again. Juicy, fat blueberries, bursting with flavor, are particularly suited to freezing. Simply place them in a single layer on a baking sheet and freeze. When frozen solid, remove and pour into a plastic bag.

Do not forget to enjoy some now as well. I have some great recipes for you from the North American Blueberry Council.

Blueberries and peaches complement each other very well. They are particularly good in the following coffee cake. The cake freezes well - another way to preserve summer's goodness!



Blueberry Peach Coffee Cake

From food writer Peter G. Rose, author of *Foods of the Hudson: A Seasonal Sampling of the Region's Bounty*.

Ingredients

1 1/4 c. sifted all purpose flour
1/2 c. sugar
6 T. butter, melted
1 t. baking powder
1 t. baking soda
1/4 t. salt
1/2 c. milk
1 egg, beaten
1 t. grated lemon rind

Crumb Topping:

1/2 c. flour
1/4 c. sugar
1/4 t. grated nutmeg
2T. butter, melted

Fruit:

3/4 lb. (3 medium) peaches, peeled and sliced
2 c. blueberries
1/4 c. sugar

Directions

Preheat oven to 350 degrees. Grease and flour a 9-inch square baking dish. To prepare crumb topping, combine ingredients in a small bowl and set aside. To prepare fruit, gently mix peaches, berries, and sugar in another bowl.

Mix flour, sugar, baking powder, baking soda and salt in a large bowl. Add melted butter, milk, egg, and lemon rind; stir until blended.

Pour batter into prepared pan and top with half the crumb mixture. Spoon fruit evenly over crumb mixture. Sprinkle remaining crumb mixture over fruit.

Bake 40 to 45 minutes. Serve warm or cool.

Yield: 6 to 8 servings.

The following recipe may sound strange, but it actually is a very interesting combination of the sweet flesh of the Cornish game hen with the sweetness of berries. My family liked it. If you enjoy poultry and fruit together, you will certainly like this dish.



Blueberry-Stuffed Cornish Game Hens

From food writer Peter G. Rose, author of *Foods of the Hudson: A Seasonal Sampling of the Region's Bounty*.

Ingredients

8 Cornish game hens, thawed if frozen
Salt and pepper
¼ c. vegetable oil
¼ c. lemon juice
¼ c. Angostura bitters
8 lemon slices
4 c. fresh blueberries
4 t. sugar
Small pats of butter
8 small bay leaves

Directions

Sprinkle game hens inside and out with salt and pepper. Mix oil, lemon juice, and Angostura bitters and brush game hens with the mixture inside and out. Fill each bird with ½ c. blueberries mixed with a ½ t. sugar and 1 slice of lemon. (For neat presentation, sew or skewer opening, but I left mine open and the berries remained inside.) Place the birds in a shallow roasting pan. Spread soft butter over breasts of birds and place bay leaf on butter. Roast in a preheated moderate oven (350 degrees F) for 1 hour or until done.

Yield: 8 (large) servings, one hen per person.

It won't surprise you that my favorite blueberry recipe combines them with cream. In a country full of black and white cows, the Dutch come by their fondness of that fattening substance naturally.



Blueberry Cream

From food writer Peter G. Rose, author of *Foods of the Hudson: A Seasonal Sampling of the Region's Bounty*.

Ingredients

½ pint heavy cream
1 pint blueberries (more if desired)
Sugar to taste

Directions

Whip cream with sugar to taste. Fold in as many blueberries as it will hold.

Serves 4.

A final blueberry treat combines chocolate and berries.



Blueberry Chocolate Clusters

From food writer Peter G. Rose, author of *Foods of the Hudson: A Seasonal Sampling of the Region's Bounty*.

Ingredients

1 package (11½ ounces) milk chocolate chips
¼ c. butter
2 c. fresh blueberries, washed and dried

3 dozen 1¼ inch candy liners

Directions

Place the chocolate chips and the butter in a dish on a warming tray set on high, stir occasionally until the chocolate has melted. Or, alternatively, melt the chocolate and butter over a hot water bath in a double boiler. Be careful not to overheat the chocolate mixture.

Gently stir in the blueberries until well-coated with chocolate. Spoon evenly, by rounded teaspoonfuls, into candy liners. Chill in refrigerator until chocolate is set.

Yield: 3 dozen clusters.