

## CRUNCHY BLUEBERRY MUFFINS

These muffins are a combination of my two most popular muffin recipes. The flavours of lemons and blueberries go well together, and the slightly crunchy glaze is delicious.

For 12 muffins:

- 2 cups flour
- 4 tsp baking powder
- 3/4 cup sugar
- 75 grams butter
- 1 cup milk
- 1 egg
- Grated rind of 1 lemon
- 1 cup (125g) fresh or frozen blueberries
- 1/4 cup lemon juice
- 1/4 cup sugar

Measure the flour, baking powder and sugar into a bowl and toss to mix.

Melt the butter, add the milk, eggs and lemon rind and beat well with a fork to combine. Add the liquids and blueberries to the dry ingredients and fold together gently until the dry ingredients have been lightly dampened but not thoroughly mixed.

Divide the mixture evenly between 12 medium-sized muffin pans that have been well coated with non-stick spray. Bake at 200 °C for about 15 minutes, until golden brown, and until the centres spring back when pressed.

Stir together the lemon juice and sugar without dissolving the sugar. Brush this mixture over the tops, then the bottoms of the hot muffins, using it all up. (Or, Spoon mixture over the hot muffins as soon as they are removed from the oven. Lift muffins out of pans promptly.)

## FESTIVE FRUIT SALAD

I serve this spectacularly beautiful mixture over the Christmas holiday season, alone, with icecream or runny cream, or with pavlova or cream-filled sponge roll. Its jewel-like appearance and its flavour ensure its popularity.

Buy the same amounts of fresh blueberries, strawberries and raspberries.

If you like to work ahead, slice or quarter the strawberries and refrigerate them in a plastic bag.

Just before serving, tip the prepared strawberries into an wide-topped, attractive serving bowl, sprinkle with castor sugar and turn gently until the berries make juice. Add the blueberries and raspberries and turn the fruit gently, until all berries are glazed with the juice.

Variation: For a colourful topping for a baked cheesecake, pile blueberries, whole strawberries, and raspberries on top of the cold cooked cheesecake. Sprinkle with sieved icing sugar just before serving.

### NUTRITIONAL INFORMATION

#### 100g Frozen Unsweetened Fruit

calories	51	magnesium	7.0mg
water	83.4g	calcium	11.0mg
proteins	0.7g	phosphorous	13.0mg
fat	0.4g	iron	0.5mg
carbohydrates	12.0g	zinc	0.3mg
fibre	5.2g	sulphur	9.0mg
ash	0.2g	sodium	5.8mg
potassium	70.0mg	vitamin C	19.9mg

Blueberries are cholesterol free

For more recipes, information and Blueberry supplies please contact:

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fresh quality

**BLUEBERRIES**  
NEW ZEALAND

**ALISON HOLST**  
**BLUEBERRY RECIPES**





## SAVOURY BLUEBERRY SAUCE

For something different, offer your guests this interesting sauce to spoon over roast, grilled or barbecued chicken, turkey, lamb, beef or venison: or use it as a dipping sauce for baby meatballs or tiny lamb or chicken kebabs at your next party.

For 2 cups:

1 onion, finely chopped  
1/2 tsp finely chopped garlic  
Grated rind and juice of 1 lemon  
2 tsp butter  
2 cups (250g) fresh or frozen blueberries  
2 Tbsp balsamic vinegar  
1/4 tsp salt  
2 tsp Dijon or other mixed mustard  
2 - 3 Tbsp brown sugar

Gently cook the onion, garlic and lemon rind in the butter for 1 - 2 minutes, then add all the remaining ingredients except the sugar, bring to the boil and simmer for 5 minutes.

Stir in sugar to taste. Remove from heat and refrigerate until required, up to 4 days. Serve warm.

Variation: Use 1 Tbsp balsamic vinegar and the smaller amount of sugar for a sauce with a milder flavour.

## INSTANT ICED BLUEBERRIES

For a cooling treat for 4 - 10 year olds on a hot day, take a shallow bowl of frozen blueberries outside and let your children eat them before they thaw.

Unlike many other frozen fruits, frozen blueberries are not too hard to bite and are just the right sweetness!

Adults also enjoy frozen blueberries as nibbles.

## WARM BLUEBERRY CAKE

Serve this delicious cake warm, with lightly whipped cream with coffee or for dessert.

For 6 - 9 servings:

2 cups (250g) fresh or frozen blueberries  
75g butter  
1 large egg  
3/4 cup orange juice  
3/4 cup sugar  
1 1/2 cups self-raising flour  
1/2 cup walnuts  
1/4 cup sugar  
3 tsp cinnamon

Measure the blueberries, leaving frozen berries to thaw slightly.

Melt the butter in a bowl big enough to mix the cake. (Put aside 1 tablespoon of melted butter to add to the nut mixture.)

Add the egg and orange juice to the butter and mix with a fork until combined. Sprinkle the sugar and self-raising flour over the egg mixture and fold together until flour is dampened, but not smooth.

Mix reserved butter, finely chopped walnuts, sugar and cinnamon together. Sprinkle 2/3 of it over the cake mixture, then spoon the mixture into a lined 23cm square tin, so the nut mixture is marbled through it.

Sprinkle the fresh or slightly thawed blueberries evenly over the mixture, press them down lightly, then sprinkle with remaining nut mixture.

Bake at 180°C for 45 minutes or until evenly browned and fairly firm. (Mixture will feel softer than plain cakes.) Serve warm, reheating if necessary.

Variation: Replace the orange juice with milk.

## BLUEBERRY PANCAKES

Make an extra-special weekend breakfast at any time of the year, making pancakes studded with fresh or frozen blueberries.

For 12 pancakes:

About 1 cup (125g) fresh or frozen blueberries  
50g butter, melted  
2 eggs  
1 cup milk  
3 Tbsp sugar  
1 1/2 cups self-raising flour

Measure blueberries, halving or chopping them roughly (while frozen) if desired.

Melt the butter in a mixing bowl. Add the eggs, milk and sugar and beat with a fork until well combined. Sift the flour (or 1 1/2 cups plain flour and 3 level teaspoons of baking powder) onto the liquid, and stir to combine. Do not mix more than necessary.

Spoon or pour 1/4 cup portions of batter onto a preheated, lightly buttered frypan or griddle. Sprinkle 1/12 of the fresh or partly frozen blueberries over the partly cooked pancakes.

Flip pancakes when you see burst bubbles on their surface, and cook the second side until centre feels firm when pressed.

Serve immediately, 2 - 3 pancakes per serving, with maple or golden syrup if desired.

Variations: Stir chopped blueberries into the batter after mixing in the flour. Add 1 Tbsp extra sugar to mixture and cook pancakes on a (cleaned) barbecue griddle for dessert!

Blueberries make a colourful and tasty addition to both fruit and vegetable salads.