

Out of the Blue(berries)



Among the sweetest of summer's indulgences are blueberries, those tiny bursts of flavor that can dye your teeth (and everything else) blue! These little gems are not only tasty, but also beneficial for your health (rich in antioxidants and associated with healthy aging). And they're delicious in just about every way they're used, whether topping breakfasts and desserts, or baked into breads and muffins.

A couple of great blueberry ideas come from the folks at The Gooseberry Patch, a mail-order company that specializes in country-style and vintage housewares that are hard to find anywhere else (www.gooseberrypatch.com). They also publish terrific cookbooks, including a new one called *Get-Togethers With Gooseberry Patch: Food To Bring Family & Friends to the Table*, which provided the luscious blueberry recipes on this page.

Homemade Waffles With Blueberry Sauce

2 cups all-purpose flour
1 tablespoon baking powder
1 tablespoon sugar
½ teaspoon salt
3 eggs, separated
1½ cups milk
5 tablespoons shortening, melted

Stir together flour, baking powder, sugar and salt; set aside. Beat together egg yolks, milk and shortening; blend into flour mixture until smooth. Stiffly beat egg whites; fold into batter. Pour ½ cup batter onto preheated waffle iron; bake as manufacturer directs. Drizzle with Blueberry Sauce. Serves 6.

Blueberry Sauce

½ cup sugar
1 tablespoon cornstarch
½ cup water
2 cups blueberries
1 tablespoon butter

Combine sugar and cornstarch in a saucepan; stir in water. Bring to a boil over medium heat; boil for 3 minutes, stirring constantly. Add berries. Reduce heat and simmer for 8 to 10 minutes, until berries burst. Stir in butter until melted. Serve warm.

Peach-Blueberry Crumble

4 cups peaches, pitted, peeled and sliced
1 cup blueberries
¾ cup sugar, divided
2 tablespoons cornstarch
½ cup packed brown sugar
1 cup quick-cooking oats, uncooked
¼ teaspoon cinnamon
¼ teaspoon nutmeg
1 egg, beaten
4 tablespoons butter, sliced

Gently toss together fruit, ½ cup sugar and cornstarch in a 2-quart baking dish; set aside. Combine remaining ingredients. Stir with a fork until crumbly; sprinkle over fruit mixture. Bake at 375 degrees for 20 to 35 minutes, until topping is golden. Serves 6 to 8.

It's summer, and you know what that means: berry season! Time to make the most of this delectable time of year and eat as many blueberries as you can. Because blueberries are both sweet and tart, they work perfectly with a wide range of ingredients, so our readers had no trouble finding lots of creative and delicious ways to use blueberries in this month's recipe contest—much to the delight of our recipe testers.

JENNIFER KIMBERLY's tasty recipe for Blueberry Delight won this month's contest. Jennifer is a member of Comanche Electric Cooperative.

Blueberry Delight

1¼ cups graham cracker crumbs
¼ cup melted butter
½ cup powdered sugar
2 eggs
1 cup sugar (divided)
1 package (8 ounces) cream cheese
1 cup fresh blueberries
½ cup water
2½ tablespoons cornstarch
8 ounces whipping cream

Mix graham cracker crumbs, melted butter and powdered sugar. Press into an 8x8-inch pan. Beat eggs; add ½ cup sugar and cream cheese. Mix well. Pour over crust. Bake at 350 degrees for 25 minutes. In saucepan, mix water, ½ cup sugar and cornstarch. Cook until thick. Cool, then add blueberries.

Spread over cream cheese layer. Whip whipping cream and spread on top. Chill. Serves 16.

Serving size: 1 square. Per serving: 233 calories, 3 grams protein, 14 grams fat, 25 grams carbohydrates, 124 milligrams sodium, 66 milligrams cholesterol

Blueberry Tea Cake

2 cups sifted flour
2 teaspoons baking powder
½ teaspoon salt
¼ cup butter or margarine
¾ cup sugar
1 egg, unbeaten
½ cup milk
1-2 cups fresh or frozen blueberries

Sift flour, baking powder and salt together; set aside. Cream butter; gradually beat in sugar. Add egg and milk; beat until smooth. Add dry ingredients slowly, then gently fold in blueberries (batter will be very stiff). Spread batter in greased and floured 8-inch square pan. Sprinkle Crumb Topping evenly on top of cake and bake 40 to 45 minutes in 375-degree oven. Serves 16.

Crumb Topping

½ cup brown sugar
¼ cup flour
½ teaspoon cinnamon
¼ cup butter or margarine

Mix brown sugar, flour and cinnamon. Cut in butter until it forms coarse crumbs (smaller than a pea).

Serving size: 1 square. Per serving: 180

calories, 2 grams protein, 6 grams fat, 29 grams carbohydrates, 196 milligrams sodium, 28 milligrams cholesterol

GRACE J. MCDANIEL
Karnes Electric Cooperative

Blueberry-Cream Cheese Coffee Cake

½ cup butter or margarine, softened
1¼ cups sugar
2 large eggs
2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
¾ cup milk
¼ cup water
2 cups fresh blueberries
1 package (8 ounces) cream cheese, softened and cubed

Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well. Add eggs one at a time, beating after each addition.

Combine flour, baking powder and salt; stir well. In separate bowl, combine milk and water. Add flour mixture to butter mixture alternately with milk mixture, beginning and ending with flour mixture. Mix at low speed after each addition until blended. Gently stir in blueberries and cream cheese cubes, mixing well. Pour batter into greased 9-inch round pan. Sprinkle Topping over batter. Bake at 375 degrees for 50 minutes or until golden. Drizzle

SEPTEMBER RECIPE CONTEST: ITALIAN COOKING



Are you lucky enough to have Italian recipes as part of your family's heritage? Or do you just make a mean linguini? Either way, we want your recipes! Send your favorite Italian Cooking recipes to Home Cooking, 2550 S. IH-35, Austin, TX 78704. You may also fax them to (512) 486-6254 or e-mail them to recipes@texas-ec.org. Be sure to include your name, address and phone number, as well as the name of your electric co-op. The deadline is June 10.

The top winner will receive a prize from Pioneer—an old-fashioned tin filled with Pioneer products like baking mix, gravy mix and chili mix (see photo at right). Others whose recipes are published will also receive

