

Blueberries recipes written by Marg Johnson

Home grown Blueberries will make these recipes taste even better!



Blueberry Hotcakes

Ricotta hot cakes are everyone's favourite brunch dish. Add some blueberries and they are raised to even greater heights.

Serves 4

200g S.R flour
¼ cup sugar
2 eggs
1 cup milk-approximately
½ cup ricotta cheese
butter
1 punnet blueberries
maple syrup

To make these hotcakes place 200g S.R. flour, quarter cup sugar and 2 eggs into a medium bowl. Add enough milk-about a cup, to make a thick but pourable batter. Then mash the ricotta cheese and fold this into the batter. Melt a thin layer of butter into a heavy based frypan and add spoonfuls to the pan. Scatter a single layer of blueberries over the soft tops. When bubbles come to the top of the hotcakes, turn them over. Cook the other side until they are cooked through. Serve with a drizzle of maple syrup.

Blueberry tarts with sweet and sour cream

For those who are time challenged there are now available some excellent short pastry shells that are available from all good supermarkets and specialty stores. The rest of you can make your own. This delightful sweet and sour cream mixture, when blobbed into these shells, topped with a pile of blueberries and finished with a glaze of red currant jelly makes a taste and visual sensation. They are wonderful for a casual dessert or to serve with coffee.

Makes 12

12 small pastry shells
125g mascarpone cheese-half a tub
1 cup lightly whipped cream
1 cup natural pot set yoghurt
1 tsp vanilla extract
1 punnet blueberries
½ cup red currant jelly, melted
Icing sugar

Lay out the pastry shells. Combine lightly the mascarpone, whipped cream, yoghurt and vanilla. Place a good blob of this into the tart shells. Cover with a pile of blueberries and lightly brush with the melted/whipped jelly. Finish with a dusting of icing sugar.

Blueberry Muffins

To go with that morning cup of coffee, few things are better than a warm and moist blueberry muffin. To add even more interest place a peach slice in the middle of the mixture and top with a couple more, along with the blueberries of course

Makes 12 standard muffins

2 ½ cups S.R. flour
½ cup sugar
125g butter, melted but cooled
2 eggs, lightly beaten
½ tsp vanilla essence
1 cup milk
1 punnet blueberries, or frozen also great

Then in one bowl combine the flour and sugar. Then in another bowl, combine the melted but cooled butter, eggs, vanilla and milk. Combine the two mixtures and mix lightly. Place a small amount of mixture into the bottom of each patty case and top with a few blueberries. Top with the rest of the mixture. Then top with the rest of the blueberries. Bake in a 200C oven until puffed and golden brown. Enjoy warm with a cup of coffee.

More recipes over the page.

Granola

While I give you a recipe here once I have the basic proportions of oats, wheat germ and bran I then tend to add the seeds, nuts and fruits according to what I have on hand. I never bake the fruit as this makes them hard and horrid. We then add fresh blueberries with either freshly squeezed orange juice or milk as an accompaniment.

4 cups traditional rolled oats-not the instant sort
1 cup wheat germ
½ cup sesame seeds
½ cup sunflower seeds
1 cup cashew nuts
1 cup mixed nuts
½ cup vegetable oil
1 tsp vanilla essence
½ cup honey
1 cup all bran type bran
1 cup chopped mixed fruit-use the fruit medley

Combine all of the ingredients down to the 'all bran'. Place in a baking dish and mix through thoroughly. Place in a shallow oven dish in a 200C oven and bake for about forty minutes, turning every ten minutes until golden brown. Allow to cool and then add the bran and the fruit. Cool and then store in an airtight container

Blueberry ice cream

This terrific recipe is made extra special in that it does not need to be churned. Use the same principle and change the flavour.

Serves 4
1 punnet blueberries, lightly crushed
¾ cup castor sugar
1 tbsp brandy
rind of an orange
2 tbsp orange juice
1 cup cream
2 egg whites
extra blueberries for serving

Mash up the blueberries with half of the sugar and then stir in the brandy, orange rind and juice. Whip the cream until just stiff. Beat the egg whites and then gradually beat in the sugar to form a soft meringue. Fold together the blueberry mixture, cream and meringue. Turn into a container and freeze. Serve with the extra blueberries and perhaps an extra slurp of brandy.

Blueberry Sauce

This simple sauce makes a delightful sauce to accompany best quality vanilla ice cream. I would serve it warm so you can enjoy the gentle mingling of the two. A crisp biscuit and your simple treat is complete.

Serves 4 as an accompaniment

1 punnet blueberries
1/3 cup castor sugar
1/3 cup water
squeeze lemon juice
a good slurp of your favourite liqueur

Place the blueberries into a small pot with the sugar and the water. Bring them to the simmer and when they just start to 'pop' remove the pot from the heat and add the lemon juice and liqueur. Allow to cool to warm and serve with ice cream.

Store locations

FORRESTFIELD: 170 Hale Road (Cnr Hartfield Rd)
WA 6058 Phone: (08) 9453 6533

JOONDALUP: 179 Winton Rd (Cnr Joondalup Drive & Cord St)
WA 6027 Phone: (08) 9300 0733

O'CONNOR: 388 South Street

WA 6163 Phone: (08) 9314 7258

SWANBOURNE: 153 Railway Street (Cnr Windsor) St
WA 6010 Phone: (08) 9384 9652

Open every day (except Christmas Day) 8.30am - 5.30pm.

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