

THE CULINARY INSTITUTE OF AMERICA

**U.S. Highbush
Blueberry Council**

May 24-26, 2011

Chef Scott Samuel

**The Culinary Institute of America at Greystone
Napa Valley, California**

BLUEBERRIES

Blueberry-Ricotta-Orange Crêpe with Vanilla Blueberry Sauce

Blueberry Muffin with Orange Glaze

Dried Blueberry Granola and Yogurt Parfait, Fresh Blueberry and Mango 'Salad'

Farro and Blueberry Salad with Cucumber, Italian Parsley, Fuji Apple, Sherry Vinaigrette

Arugula and Blueberry Salad with Orange Vanilla Vinaigrette, Candied Pecans, Shaved Parmesan

Roasted Turkey Sandwich with Blueberry Chutney

Wild Rice-Dried Blueberry Stuffed Pork Tenderloin, Watercress-Apple & Blueberry Salad, Apple Cider Vinaigrette

Chipotle Grilled Chicken, Blueberry-Peach Salsa, Sautéed Spinach, Rice Pilaf

Blueberry Upside Down Cake

Chilled Blueberry Soup with Lemon Sorbet

Blueberry and Mint Spritzer

Blueberry Ginger Soda

Blueberry Lavender Fizz

Blueberry Margarita

BLUEBERRY-RICOTTA-ORANGE CRÊPE WITH VANILLA BLUEBERRY SAUCE

Yield: 12 crêpes

Ingredients	Amounts
<i>Blueberry ricotta filling</i>	
Ricotta	¾ cup
Mascarpone	¾ cup
Orange zest	1 Tbsp.
Orange juice	1 Tbsp.
Granulated sugar	1 Tbsp.
Salt	¼ tsp.
Nutmeg, freshly grated	¼ tsp.
Cardamom, ground	¼ tsp.
Egg whites, whipped to soft peak	2 ea.
Cream of tartar	¼ tsp.
Blueberries, fresh	1½ cups
Butter, melted for baking	3 Tbsp.
Walnuts, toasted and chopped	¼ cup
Mint sprigs	for garnish
<i>Crêpes</i>	
All purpose flour	1 cup
Sugar	1 Tbsp.
Salt	½ tsp.
Eggs	3 ea.
Milk	1 cup
Vanilla	1 tsp.
Butter, melted	3 Tbsp.
<i>Vanilla blueberry sauce</i>	
Sugar	½ cup
Blueberry juice	¼ cup
Corn syrup	1 Tbsp.
Cream	¼ cup
Butter, unsalted, cut into pieces	¼ cup
Vanilla	1 tsp.
Salt	¼ tsp.
Blueberries, fresh	1 cup
Lime juice	1 Tbsp.

Method

1. *For the blueberry filling:* In a medium-size bowl, combine the ricotta, mascarpone, orange zest, orange juice, sugar, nutmeg, cardamom, and salt, and stir to combine thoroughly.
2. *For the crêpes:* Place the flour, sugar, and salt in a bowl. Add the eggs, milk, and vanilla to a blender and pulse to combine. Add the flour mixture and blend for 20 seconds to thoroughly incorporate. Chill for 30 minutes. The batter should be the consistency of thin pancake batter.
3. When ready to cook, heat a 6-inch crêpe pan over medium heat until hot. Spray with nonstick spray and pour about 1 ounce of the batter into the skillet (just enough to thinly coat the bottom of the pan). Rotate the pan to cover the bottom evenly with batter. Cook for 30 to 45 seconds to set the batter, gently flip the crêpe, and cook for 10 to 15 seconds to set the second side.
4. Remove the crêpe and place on a plate covered with a paper towel. Stack crêpes on top of each other until ready to use.
5. *For the vanilla blueberry sauce:* Stir the sugar, blueberry juice, and corn syrup in a saucepan over medium heat until the sugar dissolves. Increase the heat and boil without stirring until the syrup is deep amber, the bubbles start to get larger, and the mixture thickens; remove from the heat and add the cream slowly; stir to incorporate. Stir in the butter, vanilla, salt, and then the fresh blueberries. This can be made ahead, then chilled and reheated before serving.
6. *To finish the blueberry filling:* Heat oven to 350°F. In a large bowl, whisk the egg whites with the cream of tartar until stiff peaks form. Fold in one third of this into the ricotta base. Fold in the blueberries, then fold in the remaining two-thirds of the egg whites and stir to just combine. Chill until ready to fill the crêpes.
7. *To fill the crêpes:* Place one crêpe on a cookie sheet (half sheet pan) and spread the bottom half with $\frac{1}{4}$ cup blueberry ricotta filling. Fold the empty half over the top and continue with the rest of the crêpes and filling, placing next to each other in the baking dish, and brush with melted butter. Bake for 10 minutes, or until puffed and golden.
8. Remove from the oven, cut in half, and serve immediately with warm vanilla blueberry sauce.
9. Garnish with toasted walnuts, mint, and powdered sugar.

BLUEBERRY MUFFINS WITH ORANGE GLAZE

Yield: 12 muffins

Ingredients	Amounts
All-purpose flour	1 ¼ cup
Whole wheat flour	½ cup
Almond flour	¼ cup
Baking powder	1 Tbsp.
Salt	¾ tsp.
Baking soda	½ tsp.
Orange zest	½ tsp.
Eggs, large	2 ea.
Buttermilk	1¼ cups
Brown sugar	½ cup
Lemon juice	1 Tbsp.
Vanilla	1 tsp.
Butter, melted	¼ cup
Olive oil	3 Tbsp.
Blueberries, sugar infused	1 cup
<i>Glaze</i>	
Powdered sugar	½ cup
Orange juice	1 Tbsp.
Orange zest	1 tsp.

Method

1. Place the rack in the top third of the oven and preheat the oven to 400°F. Line muffin tins with paper liners and coat with cooking spray.
2. In a large bowl, combine the flours, baking powder, salt, baking soda, and orange zest.
3. In a medium bowl, lightly beat the eggs, then whisk in the buttermilk, brown sugar, lemon juice, vanilla, melted butter, and olive oil. Don't be concerned if the mixture looks curdled or lumpy.
4. Stir the wet ingredients and berries into the dry ingredients until most of the flour is incorporated. The mixture can be slightly lumpy; don't overmix. Divide the batter between the prepared muffin cups.
5. Bake until the muffins are golden brown around the edges and a cake tester in the center comes out either clean or with a few crumbs attached, about 10 to 12 minutes.
6. *For the glaze:* Combine the sugar, orange juice, and zest in a small bowl and whisk to combine.
7. Set the muffins on a rack to cool for 1 minute. Twist gently to release the muffins, or run a knife around the edges to unmold. Drizzle with the glaze. Serve warm, or cool to room temperature on a wire rack.

DRIED BLUEBERRY GRANOLA AND YOGURT PARFAIT WITH FRESH BLUEBERRY AND MANGO “SALAD”

Yield: 8 portions

Ingredients	Amounts
<i>Blueberry salad</i>	
Blueberries, fresh	2 cups
Mango, peeled and diced ¼”	1 cup
Honey	2 Tbsp.
Lemon juice	1 Tbsp.
Mint, minced	1 Tbsp.
Vanilla extract	½ tsp.
Kosher salt	¼ tsp.
<i>Parfait</i>	
Greek-style yogurt	8 cups
Dried Blueberry Granola (recipe follows)	4 cups
Fleur de sel	for garnish
Mint sprigs	for garnish

Method

1. *For the blueberry salad:* Combine all the components and toss to combine. Let stand for 15 minutes to meld the flavors.
2. Arrange 8 individual parfait cups or little glass bowls on the counter.
3. Spoon ½ cup of the yogurt into the bottom of each parfait cup and spoon ¼ cup of granola over the yogurt. Top each with 2 tablespoons of the blueberry salad. Repeat with yogurt, granola, and salad and garnish with mint and fleur de sel.
4. Serve chilled.

DRIED BLUEBERRY GRANOLA

Yield: 8 cups

Ingredients	Amounts
Rolled oats	2 cups
Whole wheat flour	½ cup
Brown sugar	1/3 cup
Maple sugar	¼ cup
Coconut, unsweetened	1 cup
Sesame seeds	1 Tbsp.
Flax seeds	1 Tbsp.
Almonds sliced	¾ cup
Canola oil	½ cup
Honey	¾ cup
Blueberries, dried	1 cup

Method

1. Preheat oven to 250°F.
2. Mix all the dry ingredients except the blueberries.
3. Mix the oil and honey in a bowl to combine; add to the dry mixture. Mix to combine thoroughly.
4. Spread on a sheet pan and bake until toasted and golden; this could take up to 2 hours. Stir frequently to break up any lumps.
5. Stir in the blueberries and bake for another 15 minutes.
6. Cool and store in a sealed container.

DRIED BLUEBERRY GRANOLA

Yield: 8 cups

Ingredients	Amounts
Rolled oats	14 oz.
Whole wheat flour	4 oz.
Brown sugar	3 oz.
Maple sugar	2 oz.
Coconut, unsweetened	5 oz.
Sesame seeds	½ oz.
Flax seeds	½ oz.
Almonds sliced	5 oz.
Canola oil	5 oz.
Honey	6 oz.
Blueberries, dried	7 oz.

Method

1. Preheat oven to 250°F.
2. Mix all the dry ingredients except the blueberries.
3. Mix the oil and honey in a bowl to combine; add to the dry mixture. Mix to combine thoroughly.
4. Spread on a sheet pan and bake until toasted and golden; this could take up to 2 hours. Stir frequently to break up any lumps.
5. Stir in the blueberries and bake for another 15 minutes.
6. Cool and store in a sealed container.

FARRO AND BLUEBERRY SALAD WITH CUCUMBER, ITALIAN PARSLEY, FUJI APPLE, AND SHERRY VINAIGRETTE

Yield: 12 portions

Ingredients	Amounts
<i>Salad</i>	
Farro	1 cup
Cucumber, peeled and finely diced	1 cup
Shallot, minced	½ cup
Celery, finely diced	½ cup
Fuji apple, finely diced	1 ea.
Flat-leaf parsley, fresh, minced	¼ cup
Salt and black pepper, freshly ground	to taste
Blueberries	2 cups
Bibb leaf lettuce	1 hd.
 <i>Sherry vinaigrette</i>	
Extra virgin olive oil	½ cup
Sherry vinegar	¼ cup
Garlic clove, minced	1 ea.
Tarragon, minced	2 tsp.
Salt and black pepper, freshly ground	to taste
 Blueberries, fresh	 1 cup

Method

1. *For the farro:* Bring 6 cups of salted water to a boil and pour in 1 cup of farro. Cook until it is tender to the bite, approx 20-25 min. Add more water as necessary. When farro is cooked through, drain through a colander and spread out onto a sheet tray to cool.
2. *For the dressing:* While farro is cooking, combine the ingredients for the vinaigrette. Adjust seasonings with additional salt and pepper as necessary.
3. Chop cucumber, shallot, celery, apple and parsley.
4. Once farro is cool combine all the salad ingredients except for the blueberries and bibb lettuce.
5. Add dressing to moisten and let marinate for 45 minutes.
6. Add blueberries and toss. Serve a spoonful of the farro salad on a leaf of bibb lettuce. Garnish with more fresh blueberries.

ARUGULA AND BLUEBERRY SALAD WITH ORANGE-VANILLA VINAIGRETTE, CANDIED PECANS, AND SHAVED PARMESAN

Yield: 8 small salads

Ingredients	Amounts
Arugula, stemmed	3 cups
Fennel, shaved	1 cup
Belgian endive, julienne	1 ea.
Orange, cut into segments	2 ea.
Blueberries	1 cup
Candied Spiced Pecans (recipe follows), chopped	½ cup
Parmesan, shaved	2 oz.
Orange-Vanilla Vinaigrette (recipe follows)	2 oz.

Method

1. Combine the arugula, shaved fennel, endive, and half the orange segments in a large mixing bowl; toss to incorporate.
2. Add the blueberries, pecans, and shaved Parmesan, and gently mix to combine.
3. Dress with about 2 ounces of vinaigrette and plate on chilled salad plates.
4. Garnish the outside of the plate with some of the dressing, and top with the blueberries and reserved orange segments.

CANDIED SPICED PECANS

Yield: 3 cups

Ingredients	Amounts
Brown sugar	$\frac{3}{4}$ cup
Paprika	2 tsp.
Cinnamon	1 tsp.
Cayenne	1 tsp.
Kosher salt	1 tsp.
Black pepper, freshly ground	1 tsp.
Pecans	3 cups

Method

1. Preheat the oven to 335°F.
2. Mix the brown sugar and all of the spices in a large mixing bowl.
3. Bring a large saucepan of water to a boil, add the pecans, and blanch for 1 minute. This will bring out the natural oils of the nut and make them tastier. Strain the pecans through a sieve and let drip for 30 seconds.
4. Pour the pecans into the spice bowl and toss until all evenly coated with the spice mixture. Pour onto a baking sheet and roast for about 20 minutes, or until they begin to darken in color. Every 5 minutes, give the pecans a stir with a wooden spoon so that they brown evenly. Remove from the oven and cool completely.
5. Store in an airtight container for up to 2 weeks.

ORANGE-VANILLA VINAIGRETTE

Yield: 1 cup

Ingredients	Amounts
Orange juice, freshly squeezed	2 cups
Apple cider vinegar	¼ cup
Vanilla extract	1 Tbsp.
Sugar or honey	1 Tbsp.
Lemon juice	2 tsp.
Grapefruit juice	2 tsp.
Tabasco Sauce	1 dash
Salt and black pepper, freshly ground	to taste
Extra virgin olive oil	¾ cup

Method

1. Place the orange juice and vinegar in a saucepan and simmer stirring frequently until it becomes syrupy and reduced to ¼ cup. Allow to cool completely.
2. Whisk the orange juice reduction together with the vanilla, honey, Tabasco, juices, and salt and pepper to taste.
3. Whisk in the olive oil slowly to form an emulsion; adjust the seasonings.

ROASTED TURKEY SANDWICH WITH BLUEBERRY CHUTNEY

Yield: 4 sandwiches

Ingredients	Amounts
French baguette	1 loaf
Mayonnaise	½ cup
Dijon mustard	¼ cup
Tarragon, chopped	2 tbsp.
Kosher salt	½ tea.
Black pepper, freshly ground	¼ tea.
Bibb leaf lettuce, cleaned	1 ea.
Blueberry chutney, (recipe follows)	1 cup
Asiago cheese, grated	¼ cup
Turkey breast, baked and sliced	12 oz.
Tomato, ripe and sliced	1 ea.

Method

1. Cut the bread in half lengthwise and place on a work surface, cut sides up.
2. Mix the mayonnaise with the mustard, tarragon, salt, and pepper.
3. Spread the mayonnaise on both sides of the bread to taste. Cover mayo with lettuce leaves then spread with blueberry chutney.
4. Top with a little of the grated cheese and arrange the sliced turkey evenly over the cheese and top with the sliced tomato.
5. Place the top piece of bread over the lettuce, pressing down to adhere.
6. Slice crosswise on the bias into equal portions, arrange on plates, and serve.

BLUEBERRY CHUTNEY

Yield: 1 pint

Ingredients	Amounts
Olive oil	2 tbsp.
Shallot, minced	¼ cup
Ginger, minced	2 tsp.
Garlic, minced	1 tsp.
Apple cider vinegar	3 tbsp.
Orange juice	¼ cup
Honey	¼ cup
Kosher salt	¼ tsp.
Cinnamon, ground	1/8 tsp.
Blueberries, frozen	2 cups

Method

1. In a small saucepot over medium heat, add the olive oil and cook shallots, ginger, and garlic for 1 minute. Add orange juice, honey, apple cider vinegar, salt, cinnamon, and frozen blueberries and bring to a boil.
2. Reduce heat to medium low and simmer, stirring occasionally, until thickened, about 50 minutes.
3. Remove from the heat and pour chutney into a pint jar. Cover and store in the refrigerator for up to 1 month.

WILD RICE-DRIED BLUEBERRY STUFFED PORK TENDERLOIN WITH WATERCRESS-APPLE SALAD AND APPLE CIDER VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
<i>Stuffing</i>	
Olive oil	3 Tbsp.
Shallots, minced	3 Tbsp.
Onions, brunoise	1 cup
Celery, small dice	½ cup
Garlic, minced	1 Tbsp.
Bay leaf	1 ea.
Thyme leaves	1 tsp.
White wine	½ cup
Wild rice, cooked	1 cup
Dried blueberries	1 cup
Granny Smith apple, grated	½ cup
Tarragon, minced	1 Tbsp.
 <i>Pork</i>	
Pork tenderloin	2 ea.
Fresh oregano	1 Tbsp.
Dijon mustard	1 Tbsp.
Kosher salt	1 tsp.
Black pepper	½ tsp.
 <i>Salad</i>	
Watercress, stemmed	4 cups
Frisee, torn	2 cups
Fuji apple, julienne	1 cup
Salt and freshly ground black pepper	to taste
 <i>Apple cider vinaigrette</i>	
Extra virgin olive oil	½ cup
Apple cider vinegar	¼ cup
Apple cider	3 Tbsp.
Shallot, minced	1 Tbsp.
Salt and freshly ground black pepper	to taste
Balsamic glaze	for garnish

Method

1. *To make the stuffing:* Heat the olive oil in a large sauté pan. Add the shallots, onions, celery, garlic, bay leaf, and thyme, and cook until soft over medium-low heat, about 15 minutes; you want a deep caramelization of the vegetables.
2. Add the white wine, turning up the heat to medium and cook until the pan is near dry and the wine has almost completely cooked off.
3. Remove from heat and pour into a large bowl containing the cooked wild rice, dried, blueberries, grated Granny Smith apple, and minced tarragon. Stir well. Chill and reserve.
4. *To stuff the pork tenderloin:* Clean off any silver skin from the pork tenderloins and slit the pork lengthwise. Slit each side again so you are opening the tenderloins like a book.
5. Season the pork with oregano, mustard, salt, and pepper. Stuff each pork tenderloin gently with about 1 cup of the stuffing and tie like you would a roast. Season again and set aside in the refrigerator to marinate for 2 hours.
6. *To cook the pork:* Heat a large sauté pan over medium-high heat and add 2 tablespoons of olive oil. Sear pork on all sides to create nice color. Remove from pan with tongs and place on a rack on a sheet pan. Bake at 400°F for 10 minutes, or until the internal temperature reaches 160°F. Remove from the oven and let rest in a warm area for at least 8 minutes before slicing.
7. *For the salad:* While the pork is cooking, combine the ingredients for the apple cider vinaigrette. Toss the salad ingredients and dress with vinaigrette
8. Slice pork and serve slices next to a small salad. Garnish with balsamic glaze.

CHIPOTLE-GRILLED CHICKEN BREAST WITH BLUEBERRY-PEACH SALSA, CHILE SAUTÉED SPINACH, AND RICE PILAF

Yield: 8 portions

Ingredients	Amounts
<i>Marinated chicken</i>	
Olive oil	¼ cup
Blueberries, fresh	¼ cup
Blueberry juice	3 Tbsp.
Chipotle en adobo	4 tsp.
Garlic, minced	1 Tbsp.
Oregano, minced	1 Tbsp.
Lime juice	2 Tbsp.
Kosher salt	½ tsp.
Chicken breast, skinless	8 ea.
 <i>Blueberry salsa</i>	
Blueberries, fresh	1 cup
Peaches, frozen diced	½ cup
Olive oil	2 Tbsp.
Lime juice	2 Tbsp.
Shallot, minced	1 Tbsp.
Serrano pepper, stemmed and seeded, minced fine	1 Tbsp.
Kosher salt	½ tsp.
Cayenne pepper	¼ tsp.
 Chile-Sautéed Spinach (recipe follows)	
Rice Pilaf (recipe follows)	

Method

1. *For the marinade:* Combine the olive oil, chipotle peppers, blueberries, juice, garlic, and oregano in a blender; purée until smooth. Add the lime juice and salt and pour into a Ziploc bag; add the chicken breasts and rub to coat. Seal and marinate, refrigerated, for at least 60 minutes.
1. *For the salsa:* While the chicken is marinating, combine the ingredients for the salsa and mix to combine; season to taste. Let sit for at least 30 minutes to combine the flavors. The salsa can be made up to a day ahead of time.
2. *To finish the dish:* Preheat the grill to medium and remove the chicken from the marinade. Pat off any excess and grill the chicken on both sides until cooked through, about 10 minutes. Let the chicken rest in a warm area before slicing.
3. Serve chicken sliced over a bed of rice pilaf and sautéed spinach, garnished with the blueberry salsa.

CHILE-SAUTÉED SPINACH

Yield: 8 portions

Ingredients	Amounts
Shallot, minced	2 Tbsp.
Olive oil	3 Tbsp.
Red pepper flakes	½ tsp.
Spinach, stemmed and cleaned	1 lb.

Method

1. Sauté the shallot in the olive oil in a large saucepan over medium heat until just starting to color, about 2 minutes. Do not brown.
2. Add the red pepper flakes and continue to sauté for an additional 2 minutes.
3. Add the spinach, and toss with tongs in pan until wilted and cooked through.

RICE PILAF

Yield: 8 portions

Ingredients	Amounts
Olive oil	2 Tbsp.
Onion, minced	½ cup
Red bell pepper, finely diced	½ ea.
Kosher salt	½ tsp.
Long-grain rice	2 cups
Chicken stock	2¾ cups
Bay leaf	1 ea.

Method

1. Preheat the oven to 350°F. In a heavy pot over medium-low heat, add the olive oil. Add the onion, red pepper, and kosher salt. Sweat the onions and pepper until aromatic, stirring constantly.
2. Add the rice and stir to coat. Continue stirring until rice smells nutty. Add the chicken stock and bay leaf and bring to a boil. Stir once, then cover the pan and place in the oven.
3. Bake for 15 minutes. Remove from oven and rest at room temperature for 10 to 20 minutes without removing the cover.

BLUEBERRY UPSIDE-DOWN CAKE

Yield: 12 portions

Ingredients	Amounts
<i>Topping</i>	
Blueberries, fresh or frozen	1 cup
Sugar, granulated	1 Tbsp.
Cornstarch	1 tsp.
Lemon juice	1 tsp.
Unsalted butter, melted	¼ cup
Brown sugar	½ cup
 <i>Cake</i>	
Cake flour	1 ½ cup
Baking soda	1 ½ tsp.
Salt	¼ tsp.
Eggs	3 each
Egg yolks	4 each
Sugar	1 ¼ cups
Lemon juice	3 Tbsp.
Vanilla extract	2 tsp.
Butter, melted	¾ cup
Blueberries, fresh	1 cup
Crème Fraiche	¾ cup

Method

1. Preheat the oven to 325 degrees. Butter an 8-inch pan and line with foil about 1-inch up the sides while trying to get all creases out. Butter again and lay a parchment circle into the pan; butter again.
2. *For the topping:* Mix the blueberries with the 1 T. sugar, the cornstarch, and the 1 tsp. lemon juice; set aside. Melt the ¼ cup of butter in a small saucepan over medium heat and when melted, and add the brown sugar. Stir to combine and continue cooking, stirring constantly, until the mixture comes together and starts to color slightly. Remove from the heat and pour the caramel into the prepared pan, add the blueberries and distribute evenly.
3. *For the cake:* Combine the cake flour, baking soda, and salt in a small bowl and stir to combine. In another bowl, whisk together the eggs, egg yolks and sugar until fully combined and add the lemon juice and vanilla; whisk to incorporate. Add the dry mixture in three additions while whisking slowly to combine after each addition. Do not whisk too much as this will toughen the batter. Add the melted butter and stir to incorporate. Scrape down the sides and make sure the batter is silky smooth.
4. *To bake the cake:* Pour the batter over the blueberry caramel and place the pan on a baking sheet in the middle of the preheated oven. Bake for 50 minutes to 1 hour or until a toothpick comes out clean from the middle of the cake.

5. Remove from the oven, cool 10 minutes, then run a small knife around the edges to free the cake and invert onto a platter. Remove the parchment then the foil making sure not to tear the cake.
6. Garnish generously with the fresh blueberries, drizzle with crème fraiche.

CHILLED BLUEBERRY SOUP WITH LEMON SORBET

Yield: 4 portions

Ingredients	Amounts
Sauvignon Blanc	1 cup
Simple syrup	1 cup
Honey	3 Tbsp.
Balsamic vinegar	1 Tbsp.
Lemon zest	2 tsp.
Kosher salt	½ tsp.
Blueberries, frozen	3 cups
Vanilla extract	½ tsp.
Blueberries, fresh	for garnish
Mint sprig	for garnish

Method

1. *Make the blueberry base:* Combine the wine, simple syrup, honey, balsamic vinegar, lemon zest, and salt in a small saucepan and bring to a boil. Add the frozen blueberries, reduce heat and simmer for 5 minutes, whisking to break up the blueberries. Remove from heat and cool slightly.
2. Place in a blender and puree until very smooth. Strain through a fine mesh sieve lined with cheesecloth, pushing the solids with the back of a small ladle.
3. Add the vanilla extract and stir to combine. Chill completely.
4. *For the soup:* Ladle ½ cup of the chilled soup into a cold bowl and add a scoop of sorbet. Garnish with a few blueberries and a mint sprig.

LEMON SORBET

Yield: 52.75 oz. /1495 g

Ingredients	Amounts	
	(U.S.)	(Metric)
Meyer lemon juice	10.00 oz.	280 g
Champagne	32.00 oz.	896 g
Sugar	8.00 oz.	227 g
Powdered glucose	2.50 oz.	71 g
Sorbet stabilizer	0.25 oz.	7 g
Lemon zest	1 ea.	1 ea.

Method

1. Add the lemon juice to the champagne. With a dry whisk, combine the sugar, powdered glucose, and sorbet stabilizer.
2. Bring the lemon mixture to a boil and add the dry ingredients.
3. Return to a boil and add the lemon zest. Cool over an ice bath, and then strain the mixture.
4. Spin the sorbet in an ice cream maker according to the manufacturer's instructions.

BLUEBERRY AND MINT SPRITZER

Yield: 8 (8 oz.) drinks

Ingredients	Amounts
Blueberries, fresh or frozen	3 cups
Simple syrup	1 cup
Lime juice	½ cup
Lemon zest	2 tsp.
Mint leaves, torn	1 cup
Club soda	4 cups
Vodka (optional)	8 fl. oz.
Blueberries, fresh	1 cup

Method

1. *Make the blueberry base:* Combine the first four ingredients in a small saucepan and bring to a boil. Remove from the heat and add the mint leaves. Stir with wooden spoon to release the mint aromas.
2. Chill completely and strain out solids into a container by pushing on the blueberries to extract as much juice as possible. .
3. *For each drink:* Combine 3 oz of the chilled blueberry base in a shaker with ½ cup ice cubes, 1 fl. oz. vodka if using, and shake to muddle and strain into a chilled glass; add 4 oz. club soda.
4. Garnish with a few blueberries and a mint leaf.

BLUEBERRY GINGER SODA

Yield: 8 (8 oz.) drinks

Ingredients	Amounts
Blueberries	2 cups
Palm sugar	½ cup
Ginger, peeled and chopped	¼ cup
Honey	¼ cup
Blueberry juice	2 cups
Lemon juice	½ cup
Club soda	2 cups
Ginger, minced	1/3 cup
Blueberries, fresh	½ cup

Method

1. *Make the blueberry ginger base:* Combine the first four ingredients in a small saucepan and bring to a boil. Remove from the heat and chill.
2. Add the blueberry juice, lemon juice, and stir to combine.
3. Chill completely and strain into a container.
4. *For each drink:* Combine 4 oz of the chilled blueberry base in a shaker with ½ cup ice cubes, 2 tsp. minced ginger and shake to muddle. Strain into a chilled glass and add 4 oz. soda.
5. Garnish with a few blueberries.

BLUEBERRY LAVENDER FIZZ

Yield: 4 10 oz. portions

Ingredients	Amounts
Simple syrup	1 cup
Lime juice	¼ cup
Honey	1 Tbsp.
Lime zest	2 tsp.
Lavender	1 tsp.
Blueberry juice	2 cups
Club soda	2 cups
Blueberries, fresh	½ cup

Method

1. *Make the blueberry base:* Combine the first five ingredients in a small saucepan and bring to a boil. Remove from the heat and chill
2. Add the blueberry juice and stir to combine.
3. Chill completely and strain into a container.
4. *For each drink:* Pour 3 oz of the chilled blueberry base into a chilled glass and add 4 oz. soda.
5. Garnish with a few blueberries.

BLUEBERRY MARGARITA

Yield: 4 (4 oz.) drinks

Ingredients	Amounts
Blueberries, crushed	1 cup
Simple syrup	½ cup
Ice cubes	1 cup
Orange juice	½ cup
Lime juice	¼ cup
Tequila	4 fl. oz.
Blueberry juice	4 fl. oz.

Method

1. Combine the crushed fresh blueberries in a shaker with the simple syrup and ice; shake to muddle.
2. Add the orange juice, lime juice, and tequila and shake to combine.
3. Strain into ice filled glasses and top with a 1 oz. shot of blueberry juice.

RECIPE INDEX

A

Arugula and Blueberry Salad with Orange-Vanilla Vinaigrette, Candied Pecans, and Shaved Parmesan.....10

B

Blueberry and Mint Spritzer24

Blueberry Chutney14

Blueberry Ginger Soda.....25

Blueberry Lavender Fizz26

Blueberry Margarita27

Blueberry Muffins with Orange Glaze5

Blueberry Upside-Down Cake.....20

Blueberry-Ricotta-Orange Crêpe with Vanilla Blueberry Sauce3

C

Candied Spiced Pecans11

Chile-Sautéed Spinach18

Chilled Blueberry Soup with Lemon Sorbet22

Chipotle-Grilled Chicken Breast with Blueberry-Peach Salsa, Chile-Sautéed Spinach, and Rice Pilaf.....17

D

Dried Blueberry Granola 7, 8

Dried Blueberry Granola and Yogurt Parfait with Fresh Blueberry and Mango 'Salad' 6

F

Farro and Blueberry Salad with Cucumber, Italian Parsley, Fuji Apple, and Sherry Vinaigrette..... 9

L

Lemon Sorbet 23

O

Orange-Vanilla Vinaigrette 12

R

Rice Pilaf 19

Roasted Turkey Sandwich with Blueberry Chutney 13

W

Wild Rice-Dried Blueberry Stuffed Pork Tenderloin with Watercress-Apple Salad and Apple Cider Vinaigrette 15