



Blueberry Sauce Menu

Make It Blueberry

Condiment Ideas!

- Simply Blueberry
- Blueberry Blue Cheese
- Blueberry Ranch
- Blueberry Balsamic
- Blueberry Lavender
- Blueberry Tarragon
- Blueberry Chocolate
- Blueberry Papaya
- Blueberry Orange
- Blueberry Banana
- Blueberry Pineapple
- Blueberry Tamarind
- Blueberry Cream
- Blueberry Maple
- Blueberry Chipotle
- Blueberry Tomatillo
- Blueberry Jalapeño
- Blueberry Salsa
- Blueberry Peppercorn
- Blueberry Portabello
- Blueberry Pomegranate
- Blueberry Passion Fruit
- Blueberry Clove
- Blueberry Bacon
- Blueberry Curry Paste
- Blueberry Marinade
- Blueberry Yogurt
- Blueberry Brandy
- Blueberry Mint
- Blueberry Garlic
- Blueberry Ginger
- Blueberry Wasabi
- Blueberry Teriyaki
- Blueberry Sesame
- Blueberry Butter
- Blueberry Peach
- Blueberry Truffle
- Blueberry Meringue
- Blueberry Shrimp
- Blueberry Peanut
- Blueberry Honey
- Blueberry Applesauce
- Blueberry Champagne
- Blueberry Pesto
- Blueberry Onion
- Blueberry Chive
- Blueberry Creole
- Blueberry Mayonnaise

Sassy Sauces, Chunky Chutneys and Drizzle Dressings

Highbush blueberries combine beautifully with sweet, hot, savory and salty ingredients. Chutneys, barbecue sauces, salsas and dressings provide interesting opportunities for product development with blueberries. A variety of blueberry formats are available: fresh, frozen, infused, dried, juice and purée. Use blueberries to add fruit identity, texture, color and flavor excitement.

Blueberry Barbecue Sauce

Sweet and sassy blueberries add vim and vigor to a variety of barbecue choices. Add to charbroiled meats. Makes an excellent basting sauce. Use as a dip for chicken fingers, texturized vegetable protein nuggets, or vegetable sticks.

2 quarts	Sugar-infused blueberries
1 quart	Water
1/2 cup	Apple cider vinegar
2-1/2 T	Liquid smoke
1/2 cup	Lemon juice
1-1/4 tsp	Onion powder
1/2 cup	Dark brown sugar
4 tsp	Salt
2 tsp	Cayenne pepper
2 tsp	Garlic powder
1 quart	Light corn syrup

Process:

1. Combine blueberries with water and vinegar in non-reactive saucepot. Soak for 20 minutes.
2. Add remaining ingredients except for corn syrup, and whisk together well. Place saucepot on medium heat and bring to simmer. Cook over medium heat until thickened and "cornstarch taste" is cooked out. Remove from heat, and stir in corn syrup.
3. Transfer mixture to blender and purée until texture is fine and smooth.
4. Press through a fine mesh strainer. Cool and reserve. Sauce may be thinned with additional water for marinating or basting.

Yield: Approximately 3 quarts

Estimated Nutrients per Serving (2 Tb.): Calories 60 kcal, Protein 0 g, Carbohydrates 16 g, Total fat 0 g, Saturated fat 0 g, Cholesterol 0 mg, Total dietary fiber 0 g, Vitamin A 2.9 RE, Vitamin C 0.8 mg, Sodium 105 mg, Calcium 10 mg, Iron 0.7 mg.

Blueberry Chutney

East meets West for a symphony of transcendental flavors. Traditional Indian spices blend beautifully with blueberries to enlighten the palate.

1/2 cup	Dehydrated onion, minced
5-3/4 cup	Red wine vinegar*
1-1/4 tsp	Ground cinnamon
1/3 tsp	Ground clove
1-3/4 tsp	Garam masala
2-1/3 T	Ground ginger
3/4 cup	Medium brown sugar
4-3/4 T	Cornstarch
3-1/2 cup	Water
1-3/4 quart	Sugar-infused blueberries

Process:

1. Combine onion and vinegar in non-reactive saucepot. Soak for 15 minutes.
2. Add remaining ingredients. Stir well. Warm mixture over medium-high heat. Cook until simmer.
3. Cook for an additional 3-5 minutes, or until "cornstarch taste" cooks out. Stir well to avoid scorching. Remove from heat and cool. Reserve.

Yield: Approximately 1 gallon

Estimated Nutrients per Serving (1/4 cup): Calories 45 kcal, Protein 0 g, Carbohydrates 11 g, Total fat 0 g, Saturated fat 0 g, Cholesterol 0 mg, Total dietary fiber 0 g, Vitamin A 0.9 RE, Vitamin C 2.6 mg, Sodium 0 mg, Calcium 35 mg, Iron 0.7 mg.

US Highbush Blueberry Council

c/o Thomas J. Payne Market Development, 865 Woodside Way, San Mateo, CA 94401-1611

www.ushbc.org

Blueberries Sl-o-o-o-w-ly Roll Across the Tongue Tickling the Palate



Blueberry Mustard

Does mustard only come in yellow? Not anymore! Try this fruity, yet pungent combination.

1-1/2 cup	Cornstarch
1-1/2 cup	Water, cool
1 T	Vegetable oil
6-1/2 T	Shallot, minced
1/3 cup	Mustard seed, yellow
3-3/4 cup	Water, cool
6-1/2 T	Granulated sugar
1-1/2 cup	Blueberry concentrate
3-1/2 cup	Sugar-infused blueberries
1-1/2 cup	Dijon mustard, prepared
1-1/2 cup	Whole grain mustard, prepared

Process:

1. Whisk together cornstarch and 1-1/2 cups water. Reserve.
2. In a non-reactive saucepot, sweat shallots in oil.
3. Add mustard seed, water, sugar, blueberry concentrate and blueberries. Bring to a boil, lower heat and simmer for 10 minutes.
4. Whisk in cornstarch slurry. Bring back to simmer and cook until "cornstarch taste" cooks out. Remove from heat.
5. Stir in mustards. Cool and reserve.

Yield: Approximately 1 gallon

Estimated Nutrients per Serving (1 tsp.): Calories 5 kcal, Protein 0 g, Carbohydrates 1 g, Total fat 0 g, Saturated fat 0 g, Cholesterol 0 mg, Total dietary fiber 0 g, Vitamin A 0.6 RE, Vitamin C 0.7 mg, Sodium 20 mg, Calcium 1 mg, Iron 0 mg.

Blueberry Tarragon Salad Dressing

Drizzle creamy, herbaceous dressing sparkling with chunks of blueberries over crisp greens, plump juicy tomatoes, and refreshing cucumber wheels. The blueberry and tarragon blend melds nicely with ranch-style dressing.

1 quart	Sugar-infused blueberries
6 cloves	Garlic, minced
1 tsp	Salt
1-1/2 quart	Buttermilk
1-1/4 cup	Fresh lime juice
1/2 cup	Fresh tarragon leaves, chopped
1 quart	Low-fat sour cream
1 T	Ground black pepper

Process:

1. In a large mixing bowl, whisk together all ingredients except blueberries. Fold in berries.
2. Chill and reserve.

Yield: Approximately 1-1/4 gallon

Estimated Nutrients per Serving (1 oz.): Calories 20 kcal, Protein 0.8 g, Carbohydrates 3 g, Total fat 0.5 g, Saturated fat 0 g, Cholesterol 2 mg, Total dietary fiber 0 g, Vitamin A 9 RE, Vitamin C 0.8 mg, Sodium 30 mg, Calcium 20 mg, Iron 0.2 mg.

Blueberry Note:

Sugar-infused blueberries (osmotically preserved). Fresh or frozen blueberries are placed in a vacuum chamber and undergo a slow natural infusion process with syrup solution and stabilizers. (Water activity: 0.5-0.87 Moisture: 40% maximum)

US Highbush Blueberry Council

c/o Thomas J. Payne Market Development, 865 Woodside Way, San Mateo, CA 94401-1611

www.ushbc.org