



10 Ways to Use Blueberries

Cheese Topper

Simmer 1 cup blueberries with 1 tablespoon sugar and a dash of hot sauce. When the blueberries have broken down and thickened, pour over a room temperature round of brie. Serve with baguette slices or crackers.

Vinaigrette

Add a handful of blueberries to a blender with a 3:1 ratio of oil and vinegar (balsamic or red wine would be good), as well as a hit of salt and pepper. Blend until mostly smooth.

Sweet and Chilly Snack

Follow the method above for freezing, but instead of drying the washed berries, roll them in coarse sugar, then freeze. Eat them as is for a sweet treat.

Compote

Sauté 1 finely diced yellow onion in a bit of butter. Add 1 cup blueberries, a bit of grated fresh ginger and a splash of hot sauce. Simmer until the berries pop, reduce and begin to thicken. Season with ample black pepper and a pinch of salt and ground cumin. Spoon over grilled pork chops or pork tenderloin.

Creamed

Mound fresh berries in a bowl, then drizzle with heavy cream. Follow that by a drizzle of maple syrup and a sprinkle of cinnamon.

Cordial

Bring 1 cup of blueberries and 1/2 cup of sugar to a simmer and cook until the berries are broken down and thickened. Strain through a mesh strainer, discarding any solids. Divide the mixture between 4 tumblers. Add ice, then top with vodka or gin.

Grain Salad

Toss fresh blueberries with cooked and cooled quinoa or farro, diced cucumber, fresh mint and minced red onion. Drizzle with a lemon vinaigrette and top with slivered almonds.

Spread

Mix together 1/4 cup slightly mashed blueberries, chopped scallions and about 1/2 cup mayonnaise. Use as a sandwich spread for a grilled chicken wrap.

Salsa

In a processor, finely mince 1 red onion, 1 jalapeno pepper and a handful of fresh cilantro. Add 1 cup fresh blueberries, a splash of olive oil, the juice of 1/2 lemon (or more, to taste). Pulse until the blueberries are just chopped, then season with salt and pepper.

Serve with blue corn tortilla chips.

Cornbread

Add blueberries to your favourite savory cornbread recipe.