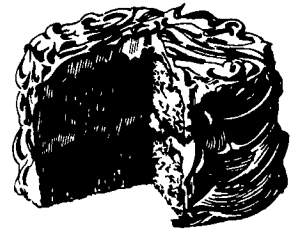


Home On The Range



Blueberry Specials

Fruits are an important source of fiber and many nutrients. Although the actual amount of nutrients may seem small, their contribution is significant if 2 to 3 servings of fruits are eaten daily.

Did you know that 1 cup of unsweetened blueberries offer 30 percent of U.S. RDA, 129 milligrams of potassium, 4.4 grams of dietary fiber, 1.0 gram protein, 0 milligrams salt, 0.6 grams fat, and 82 calories.

Select ripe blueberries since unripe berries do not become sweeter after they are picked.

Blueberries should be refrigerated immediately after harvest. Do not wash blueberries before storing because moisture allows mold to grow. Instead, wash blueberries just prior to using.

Store blueberries in a container with a loose cover. Depending upon the initial freshness of the berries, they can be stored in the refrigerator for 2 days to 1 week.

FRESH BLUEBERRY SAUCE

2 cups fresh blueberries
 2 cups sugar
 1 tablespoon fresh lemon or lime juice
 1/2 teaspoon vanilla

Wash blueberries and crush in saucepan. Add sugar and fresh lemon or lime juice. Mix well. Bring to a boil and boil 1 minute, stirring constantly. Add vanilla. Chill. Serve over puddings, cakes, waffles, pancakes or ice cream. Makes 1 1/2 cups.

FROSTY BLUEBERRY CUSTARD

2 cups fresh or frozen blueberries
 Low-calorie sweetener to equal 1/2 cup sugar
 4 eggs
 2 cups buttermilk
 1 1/2 tablespoons lemon juice
 2 envelopes unflavored gelatin

Sprinkle sweetener on blueberries in bowl. Set aside. Beat eggs, milk, juice and grated rind in saucepan until well blended. Sprinkle with gelatin. Let stand one minute. Cook over low heat, stirring constantly until mixture coats a metal spoon.

Pour most of the custard into a 5-cup mold. Fold in berries, very gently, so they remain whole and do not turn entire custard blue. Pour remaining custard on top.

Chill until set. Garnish with fresh strawberry slices and mint leaves.

Cecilia Glembocki
 N.J.

FRESH BLUEBERRY MUFFINS

2 cups unsifted all-purpose flour
 3 tablespoons brown sugar
 3 teaspoons baking powder
 1/2 teaspoon salt
 1 egg
 1/4 cup butter, melted
 1 cup milk
 1 cup fresh blueberries
 2 tablespoons granulated sugar

In large bowl, mix together flour, brown sugar, baking powder, and salt. In small bowl, beat together egg, melted butter, and milk; add all at once to flour mixture and stir until just moist. Fold in blueberries. Spoon into greased or paper-lined muffin cups and sprinkle with granulated sugar. Bake at 425 degrees for 20 to 25 minutes or until toothpick inserted in middle comes out clean. Serve warm. Makes 12 muffins.

BLUEBERRY COBBLER

2 tablespoons butter
 1 cup flour
 1/2 cup milk
 2 teaspoons baking powder
 1/2 cup sugar
 1/2 teaspoon salt
 2 cups blueberries
 1 cup sugar
 1 cup boiling water

Mix first six ingredients and spread over bottom of a well-buttered pan. Put 2 cups of blueberries over dough mixture. Put 1 cup sugar over blueberries. Add 1 cup boiling water and dot with butter. Bake at 315 for 35 to 45 minutes. After baking, the dough will be on the top, the blueberry sauce on the bottom.

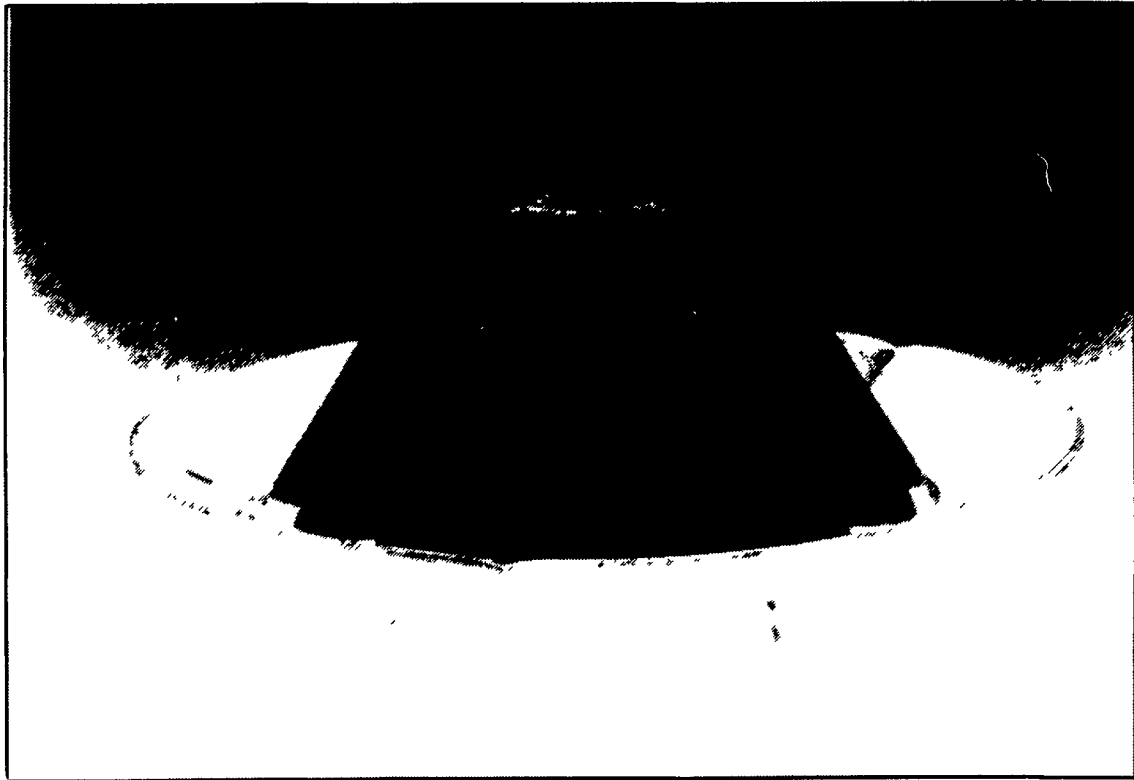
Michelle Ryan
 Dauphin Co. Dairy Princess

BLUEBERRY TORTE

1 1/4 cups plus 2 heaping tablespoons flour
 1 stick butter, melted
 1/4 cup plus 2 tablespoons sugar
 2 boxes vanilla pudding
 3 cups milk
 1 #2 can blueberries
 Whipped cream

Mix 1 1/4 cups flour, butter, and 2 tablespoons sugar. Press into 2-quart baking dish. Bake at 425 degrees until brown. Cool. Cook vanilla pudding and milk; cool and spread on top of crust. Combine blueberries, remaining sugar and flour, cook until thickened. Cool and spread on pudding; chill in refrigerator. Serve with whipped cream. Makes 12 servings.

Peggy Staub
 1976 PA Dairy Princess



Dazzle your taste buds with a cool dessert, Frosty Blueberry Custard. This dieter's dream has only 97 calories per serving, but it is not light on nutrition.

SOUR CREAM BLUEBERRY CAKE

1/2 cup soft butter
 1 cup sugar
 3 eggs
 2 cups sifted all-purpose flour
 1 teaspoon baking powder
 1 teaspoon baking soda
 1/2 teaspoon salt
 1 cup sour cream
 1 teaspoon vanilla
 1 teaspoon ground cardamom
 2 cups blueberries
 1/2 cup brown sugar

Cream butter and sugar; add eggs, one at a time, beating well after each addition. Sift dry ingredients together; add gradually to egg mixture, alternating with sour cream, ending with flour mixture. Stir in vanilla and cardamom. Fold in 1 cup blueberries. Pour half the batter into a well-greased and floured 9x13x2-inch pan. Cover with remaining blueberries. Sprinkle with brown sugar. Top with remaining batter. Bake at 325 degrees for 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan and place on rack to finish cooling.

BLUEBERRY CAKE

1 cup shortening
 1 1/2 cups sugar
 2 teaspoons vanilla
 4 eggs, separated
 3 cups sifted flour
 1/2 teaspoon salt
 1/2 cup milk
 1/2 cup sugar
 3 cups blueberries
 1 tablespoon flour
 2 teaspoons baking powder
 Confectioners sugar

Cream together shortening and 1 1/2 cups sugar. Add vanilla and egg yolks. Beat until light and fluffy. Sift together flour, baking powder, and salt. Add alternately to cream mixture with milk. Beat egg whites until stiff; gradually add 1/2 cup sugar. Fold into batter. Add blueberries mixed with 1 tablespoon flour. Pour into greased 13x9x2-inch pan. Bake in 350 degree oven for 50 minutes or until cake tests done. When cool, sprinkle with confectioners sugar.

Janice A. Buhl
 Erie

BLUEBERRY GRAHAM CRACKER SQUARES

2 1/2 cups crushed graham crackers
 1 8-ounce package cream cheese
 1 16-ounce can blueberry pie filling
 2 cups whipping cream, whipped
 1 cup confectioners sugar

Layer bottom of 9x13-inch cake pan with crushed graham crackers. Cream together all remaining ingredients except blueberries. Spread evenly over graham crackers. Top with blueberry pie filling. Refrigerate. Makes 12 servings.

Vicki Basehore
 1981 Cumberland Co. Dairy Princess

BLUEBERRY MUFFINS

2 tablespoons butter
 3/4 cup sugar
 1/2 cup milk
 1 egg
 1/4 teaspoon salt
 1 1/2 cups flour
 1 teaspoon baking powder
 1 cup blueberries, fresh or frozen

Cream butter, sugar, and egg. Add milk. Add dry ingredients. Fold in blueberries. Sprinkle a bit of sugar on top. Bake at 350 degrees about 30 minutes.

Harrisburg Reader



Featured Recipe

The National Beef Cook-Off Contest will be held at Colorado Springs on September 22 through 24.

The cook-off will be held at Ray and Dorthy Powers' ranch that has approximately 30,000 acres, 600 crossbred cows, and 200 purebred Gelbrieh cows.

If you can't attend, you may at least enjoy the same fare the guests will eat - Rib Eye Steaks.

Rib Eye Steaks 'N Seasoned Vegetable Kabobs

(Rib Eye steaks will be served at the picnic)

Preparation time: 15 minutes
 Microwave cooking time: 8 to 9 minutes
 Cooking time: 15 to 20 minutes

3 beef rib eye steaks, cut 1 inch thick (about 2 pounds)
 6 small red potatoes (3 ounces each), cut in half
 4 teaspoons minced fresh oregano leaves, divided
 1/4 teaspoon ground red pepper
 2 medium yellow squash, cut into 1-inch pieces
 3 tablespoons butter, melted
 1 large clove garlic, minced
 Salt and pepper to taste

Place potatoes in 11 1/4 x 7 1/2 -inch microwave-safe baking dish. Cover with plastic wrap, vent and microwave at HIGH 3 minutes. Rearrange potatoes and continue cooking at HIGH 3 to 4 minutes or until potatoes are barely fork tender. Meanwhile, combine 2 teaspoons oregano and red pepper; sprinkle on both sides of beef rib eye steaks. Place steaks on grid over medium coals*. Grill steaks 15 to 20 minutes to desired doneness (rare to medium), turning once. Meanwhile, alternately thread cooked potatoes and squash on six, 8-inch skewers. Combine butter, garlic and remaining oregano; brush half of the mixture over vegetables. Place kabobs around steaks on grid during last 10 minutes of cooking, turning and brushing with remaining butter mixture after 5 minutes. Season steak and vegetables with salt and pepper to taste. 6 servings.

*Test about 4 inches above coals for medium with 4-second hand count.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

August

- 3- Tomatoes
- 10- New Ways With Vegetables
- 17- Low-Fat, Low-Sugar Recipes