



Our State's Blueberry recipe collection

Reader-submitted recipes
featuring sweet
North Carolina blueberries.

presented by

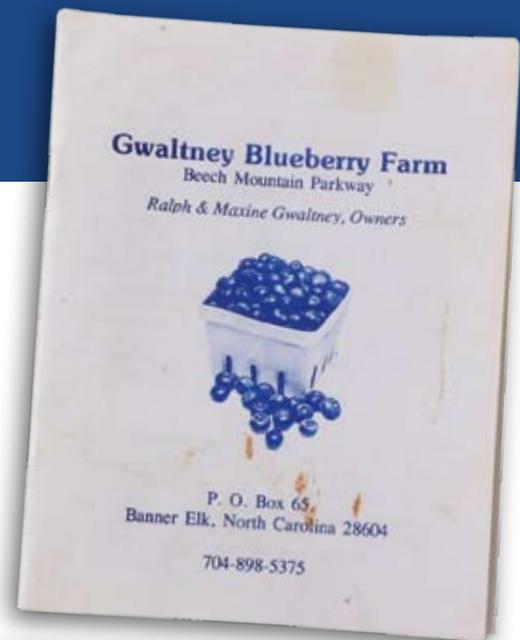


Our State
NORTH CAROLINA

Recipes from the Gwaltney Blueberry Farm

Thirty years ago, Ralph and Maxine Gwaltney owned a blueberry farm in Banner Elk. The couple let visitors come right off the parkway and pick a basket of their own. As a special resource, they published a blueberry recipe booklet.

While gathering blueberry recipes for our own collection, Ben Albright sent us an electronic copy of the Gwaltney's recipe booklet. The following three recipes were included in their collection. Enjoy!



Blueberry Pudding

Gwaltney Blueberry Farm

4 cups blueberries	$\frac{1}{3}$ cup brown sugar, packed into cup
$\frac{1}{2}$ cup white sugar	4 tablespoons butter or margarine
1 tablespoon lemon juice	$\frac{3}{4}$ cup oatmeal
$\frac{1}{3}$ cup flour	
$\frac{1}{2}$ teaspoon cinnamon	

Preheat oven to 350°. Place berries in a deep 2-quart casserole. Sprinkle the white sugar and lemon juice over them. Mix flour, cinnamon, and brown sugar together in a mixing bowl.

Cut the butter into the flour mixture with a pastry blender. When mixture resembles fine breadcrumbs, mix in oatmeal. Spread on top of berries. Bake 35–40 minutes or until top is nicely browned, berries soft, and juice bubbling.

Yield: 6–8 servings

Blueberry Cornbread

Gwaltney Blueberry Farm

$1\frac{1}{2}$ cups yellow cornmeal, preferable stone ground	$1\frac{1}{2}$ cups blueberries, rinsed, and rolled on towel to dry
1 cup flour	2 eggs
2 tablespoons sugar	1 cup milk
1 tablespoon baking powder	$\frac{1}{4}$ cup unsalted butter, melted
$\frac{3}{4}$ teaspoon salt	

Heat oven to 400°. Butter an 8-inch square baking pan or 12-cup muffin tin. Sift cornmeal, flour, sugar, baking powder, and salt into large bowl. Add blueberries and toss gently.

Beat eggs in small bowl until frothy; beat in milk, then melted butter. Add to dry ingredients, mixing quickly with spatula just until dry ingredients are moistened. Do not over mix.

Spoon batter in prepared baking pan, smoothing surface or divide evenly among muffin cups. Bake until golden brown and firm to the touch, about 20–25 minutes for muffins. Serve hot.

Leftover bread or muffins can be stored, wrapped tightly in foil at room temperature for a day or so. To rewarm, preheat oven to 300°. Wrap in foil and place in oven for 30 minutes.

Blueberry Syrup

Gwaltney Blueberry Farm

1 pint blueberries, rinsed and drained	$\frac{1}{3}$ cup light corn syrup
$1\frac{1}{2}$ cups water	2–4 tablespoons lemon juice (optional)
3 cups sugar	

Puree berries in a blender, adding some of the water if more liquid is needed. Combine blueberries, remaining water and sugar in a large heavy saucepan. Heat over medium heat, stirring constantly until liquid comes to a boil. Lower temperature and simmer, uncovered about 10 minutes until the mixture is translucent. Remove pan from heat. Press blueberry mixture through a strainer with the back of a spoon. Add corn syrup and stir. If desired, add lemon juice to taste. Best when served hot over pancakes, pound cake, or ice cream.

Yield: about 4 cups

Coconut-Blueberry Cheesecake Bars

Marilyn Cospers, Rincon, Georgia

½ cup butter	¼ cup sugar	1 tablespoon milk
¾ cup finely crushed graham crackers	1½ 8-ounce package cream cheese, softened	1 teaspoon vanilla
½ cup all-purpose flour		2 cups blueberries
½ cup flaked coconut	⅔ cup sugar	
½ cup ground pecans	4 eggs	

Preheat oven to 350°. Lightly grease a 9-inch x 13-inch x 2-inch baking pan; set aside.

For crust, in a small saucepan heat butter over medium heat until the color of light brown sugar. Remove from heat and set aside.

In a medium bowl, stir together graham crackers, flour, coconut, pecans, and ¼ cup sugar. Stir in butter until combined. Evenly press on bottom of prepared pan. Bake 8–10 minutes or until lightly browned.

Meanwhile, in a large mixing bowl, beat cream cheese and ¼ cup sugar on medium speed until combined. Add eggs, milk, and vanilla. Beat until combined. Pour over hot crust. Sprinkle with blueberries.

Bake 18–20 minutes or until center appears set. Cool in pan on rack. Cover and refrigerate. Cut into bars. Store, covered, in refrigerator.

Yield: about 32 bars.

Chicken Salad with Blueberries

Linda Carpenter, Kings Mountain

2 cups cooked chicken breast, cubed
2 cups blueberries
¾ cup celery, finely chopped
½ cup green onions, thinly sliced
¼ cup green bell pepper, finely chopped
¼ cup sweet red pepper, finely chopped
¾ cup lemon yogurt
3 tablespoons mayonnaise (Duke's)
½ teaspoon salt
¼ teaspoon white pepper

Reserve a few blueberries for topping. Combine the chicken, remaining blueberries, celery, onions, and both peppers in a large bowl, stirring lightly. In another bowl, combine the yogurt, mayonnaise, salt, and pepper. Drizzle over the chicken mixture and stir lightly to coat. Cover and refrigerate for at least 30 minutes. Serve on lettuce leaves and top with the remaining blueberries.

About this recipe: Chicken Salad with Blueberries was one of the dishes served at one of my bridal showers when we were married years ago. It is so easy to make and has remained a favorite of ours for lunch or a light summer supper.

Blueberry Cream Pie

Marilyn Cospers, Rincon, Georgia

Pie:
1 cup sour cream
2 tablespoons all-purpose flour
¾ cup sugar
1 teaspoon vanilla
¼ teaspoon salt
1 egg
1 unbaked pie crust
2½ cups blueberries

Combine all ingredients. Stir in blueberries. Pour in unbaked pie shell. Bake at 400° for 25 minutes.

Topping:
1 tablespoon sugar
3 tablespoons butter
3 tablespoons all-purpose flour
2 tablespoons chopped pecans

Mix together and pour over pie. Bake 10 minutes.

Gluten-free Banana Blueberry Muffins

Rachael Dowdy, Wilmington

¼ cup coconut flour
2 cups blanched almond flour
(must be blanched)
¼ teaspoon salt
1½ teaspoon baking soda

2 tablespoons melted butter or
coconut oil
3 large eggs (or 4 small)
1 teaspoon vanilla
4–5 ripe bananas

1 cup blueberries
Nutmeg or cinnamon to taste
Chopped pecans or walnuts to top

In small mixing bowl combine flours, salt, baking soda, and any spices. In large bowl combine eggs and coconut oil with whisk. Beat the dry ingredients into the wet ingredients using hand mixer or stand mixer until combined (approximately 30 seconds). Immediately add in bananas, which will moisten the batter. Mix until batter is well combined. Gently fold in the blueberries with a spoon. A mixer will smash the berries.

Line muffin tins. Fill each cup with batter and top with nuts. Bake for approximately 30–45 minutes until tops are browned and a toothpick comes out clean. Let cool. Muffins keep in the refrigerator for up to 1 week.

About this recipe: This recipe was adapted from the Banana Blueberry Muffins Recipe on page 14 of Elana Amsterdam's Gluten Free Almond Flour Cookbook. I adapted small portions of her recipe for taste and texture.

I buy my blanched almond flour from Honeyville Grain. Bob's Red Mill Brand has not proven to work as well.

This recipe is mostly Paleo-friendly, as well as gluten-free, dairy-free (if you don't use butter), and really yummy!

Blueberry Oatmeal Cookies

Mary Stevens, Hagerstown, Maryland

2 cups whole-wheat flour
1½ teaspoons cinnamon
¾ teaspoon nutmeg
1¼ teaspoons kosher salt
(less, if you don't want the
savory flavor)
1 teaspoon baking soda
½ teaspoon baking powder

1½ sticks butter
2 cups brown sugar
2 teaspoons vanilla
3 eggs
2½ cups oats (not instant)
2 cups blueberries
(freeze berries to make
mixing easier)

Preheat oven to 350°. Line cookie sheets with parchment paper or foil and spray with Pam cooking spray.

Mix all dry ingredients in a bowl and set aside.

In another bowl, beat butter and brown sugar with electric mixer until creamy. Beat in vanilla and eggs, one at a time. Gradually stir in dry flour mixture with a spoon until absorbed. Stir in oats. Stir in blueberries.

Shape dough into 1-inch balls and space 2 inches apart on the cookie sheet. Bake at 350° for 12–16 minutes, check at 10 minutes. Let cool 3 minutes on cookie sheet and transfer to a wire rack to completely cool.

Yield: approximately 48 cookies

Mom's Blueberry Cobbler

Erica Elizabeth Hall, Kings Mountain

8 cups blueberries
1½–2 cups sugar
(depending on sweetness
of berries)
½ cup all-purpose flour
½ teaspoon ground
cinnamon
½ cup water

1 teaspoon vanilla extract
2 tablespoons lemon juice
1 tablespoon lemon zest
1 (15-ounce) package
refrigerated pie crusts
½ cup chopped pecans,
toasted
Vanilla ice cream (optional)

Stir together the berries, sugar, flour, cinnamon, water, vanilla, lemon juice, and zest in a saucepan and bring to a boil over medium heat. Stir until the sugar melts. Reduce heat to low. Cook 10 minutes, stirring occasionally.

Spoon one-half of the blueberry mixture into a lightly greased 8-inch square baking pan.

Roll 1 pie crust to ⅛-inch thickness on a lightly floured surface; cut into an 8-inch square. Place over the blueberry mixture. Sprinkle with pecans. Bake at 450° for 10 minutes.

Spoon remaining one-half of blueberry mixture over the baked crust. Roll the remaining pie crust to ⅛-inch thickness on a lightly floured surface, and cut into 1-inch strips. Arrange the strips in a lattice design over the blueberry mixture. Bake at 450° for 10 minutes or until golden brown. Serve as is or with vanilla ice cream, if desired.

Easy Blueberry Cobbler

Kelley Perkins, Knoxville, Tennessee

2 cups blueberries
A little bit of water
1 cup sugar
1 cup Bisquick
4 tablespoons (half stick) of butter

Wash and pick over blueberries. Place blueberries in an 8-inch x 8-inch pan. Mix sugar and Bisquick together and pour over blueberries. Cut butter over topping. Bake at 375° until topping is brown, about 45 minutes. Serve with milk or vanilla ice cream.

Blueberry Delight

Marilyn Cosper, Rincon, Georgia

Crust:	Filling:
½ cup (1 stick) butter	12 ounces Cool Whip
1 cup all-purpose flour	½ cup sugar
1 cup chopped nuts	4 cups blueberries
½ cup brown sugar	2 tablespoons cornstarch
	⅛ teaspoon salt
	½ cup water
	1 tablespoon lemon juice

Crust: Melt butter, add flour, and nuts. Press into 9-inch x 13-inch pan. Bake at 350° for 15–20 minutes until lightly browned. Cool. While crust is still warm, stir into crumbs to make it easier to serve.

Filling: Cook all but blueberries and lemon juice over medium heat until thickened. Add blueberries and lemon juice and cook for 3–4 minutes. Cool and pour over cream cheese. Mix and spread over cooled crust.

To make individual servings, omit the layers above. Spoon a serving of crumbs on to a dessert plate or into a dessert glass, top with a serving of filling then top with blueberry sauce.

Blueberry Soup

Farley Snow, Charlotte

2 cups blueberries (works best if blueberries are frozen for a minimum of 1 hour)
2 cups milk
1 cup heavy cream
½ cup sour cream
2 tablespoons sugar (I use a tad more to taste)

Purée all ingredients in a blender and serve. Chill in the refrigerator overnight if preparing in advance.

Yield: 6 servings

Blueberry & Green Tomato Jam

Linda E. Carpenter, Kings Mountain

5 cups blueberries	3 (1.75-ounce) packages fruit pectin (Sure-Jell®)
4 large green tomatoes, chopped	¼ cup lemon juice
5 cups sugar	½–1 tablespoon lemon zest
1½ cups water	2 teaspoons cinnamon
	½ teaspoon nutmeg

Pulse the blueberries and chopped tomato in a blender or food processor until mixture is mostly smooth. Cook blueberry mixture, sugar, and 1½ cups water in a Dutch oven over medium heat, stirring constantly, until sugar is dissolved. Stir in fruit pectin. Add the remaining ingredients. Bring to a boil; cook, stirring constantly, 5 minutes or until mixture is thickened.

Pour hot mixture into hot pint jars, filling to ¼ inch from top. Remove any air bubbles and wipe any jam from the jar rims. Cover immediately with metal lids, and screw on the jar bands. Process in boiling water bath for 10 minutes.

About this recipe: My family and I enjoyed this jam at my great-aunt Thelma's house. We would pick the berries. She put a cobbler in the oven for dinner and then would start mixing up the jam. We loved her cobbler but we could hardly wait for breakfast with jam and homemade biscuits. She always sent extra home with us. Every year, we made sure to save a jar for Christmas morning!

Blueberry Beach Cake

Susan Butler, Kernersville

Cake:

¼ cup butter
1 cup sugar
1 egg
1½ cup of flour
2 teaspoons baking powder
½ cup of milk
½ teaspoon vanilla extract
1 cup blueberries

Topping:

½ teaspoon cinnamon,
2 tablespoons sugar,
2 tablespoons melted butter

Cream butter and sugar; add egg and mix well. Mix flour and baking powder together. Mix milk and vanilla together, then begin alternating adding flour and milk to the creamed mixture. Beat until smooth. Fold in blueberries. Pour into a greased 8-inch x 8-inch x 2-inch pan. Mix together the cinnamon, sugar, and melted butter and drizzle over the cake. Bake at 350° for 25–30 minutes.

Dollie's Blueberry Muffins

Jenny Thornton, Seven Springs

1½ cups self-rising flour,
sifted
1 cup blueberries, rinsed and
drained
¼ cup oil
1 large egg, beaten
½ cup sugar
½ cup milk
½ teaspoon vanilla flavoring

Beat egg, then add remaining ingredients, blueberries last. Fill muffin tins lined with paper liners ¾ full. Bake at 375° for 15 minutes or until brown on top. Good to share and they freeze well.

Yield: 12 large muffins

Ted's Blueberry Pie

Ted Sloan, Sanford

1 cup sugar
1 cup sour cream
3 tablespoons cornstarch
1 deep dish pie crust and 1 pie crust for top
3–4 cups blueberries

Mix together sugar, sour cream, and cornstarch and set aside. Place the blueberries in the bottom of the bottom pie crust. Pour sugar, sour cream, and cornstarch mixture over blueberries. Place other pie crust on top, punch holes with fork for ventilation. Brush the top of the crust with melted butter and dust the top with sugar. Bake at 350° for about 45 minutes or until golden brown. Enjoy warm or cold!

Lemon Blueberry Bundt Cake

Jennifer Smith, Charlotte

Cake:
1 package yellow cake mix
1 small package lemon
flavored instant gelatin
Zest of 1 lemon
½ cup sugar
½ cup vegetable oil
½ cup water
4 eggs
8 ounces Greek yogurt
2 cups blueberries

Glaze:
1 cup confectioners sugar
2 tablespoons lemon juice

Preheat oven to 350°. Grease and flour a Bundt cake pan.

Mix the first 7 ingredients together until well blended and lump-free. Add Greek yogurt and mix thoroughly. Fold in blueberries. Pour batter into pan and bake at 350° for 50 minutes.

Let cake cool in pan for 10–15 minutes, then turn out and continue cooling for at least 20 minutes more. Mix confectioners sugar and lemon juice and warm mixture to help dissolve sugar into glaze. Drizzle glaze over cake.

Spicy & Sweet Blueberry Sauce

Amy Farabow Finch, Bailey

2 cups blueberries	½ teaspoon ground cinnamon
2 tablespoons olive oil	Dash of salt (to taste)
1 teaspoon lemon juice	1 tablespoon aged balsamic vinegar
1 teaspoon lemon zest	1 tablespoon Dijon mustard
1 teaspoon crushed red pepper flakes	¼ cup brown sugar
1 teaspoon freshly ground black pepper	

Combine the first 8 ingredients in a 2-quart saucepan. Once the blueberries begin to break down, add the balsamic vinegar, Dijon mustard, and brown sugar.

Simmer blueberry sauce for 20–30 minutes until desired consistency is reached. You may leave the berries fairly whole or cook down to a smoother sauce. I like to leave the blueberries fairly whole.

Notes: Drizzle over grilled or baked pork tenderloin, or grilled or baked chicken. Spoon the sauce over a thick, juicy filet mignon or flaky grilled fish. Spoon over vanilla bean ice cream and top with chocolate shavings or chocolate chips for a delicious, spicy, and sweet dessert.

Grandma's Blueberry Salad

Anne Macy, Graham

Salad:	Topping:
2 (3-ounce) packages blueberry Jell-O®	8 ounces cream cheese
1 pint blueberries	8 ounces sour cream
1 medium can crushed pineapple (drained)	1 package of chopped black walnuts
2 cups hot water	1 cup sugar (use ½ cup if 1 cup is too sweet)

Dissolve Jell-O® in water. Stir in pineapple and blueberries. Refrigerate overnight or until it is set hard.

Once Jell-O® is set, put topping on. To make the topping, mix sugar, cream cheese, and sour cream together until smooth. Add walnuts and mix well. Spread on blueberry Jell-O® salad. Chill for at least one hour before serving.

Blueberry Buckle

Lorraine Pope, Statesville

½ cup white sugar	Topping:
½ cup brown sugar	½ cup brown sugar
¼ cup butter	⅓ cup all-purpose flour
1 egg	½ teaspoon ground cinnamon
½ cup milk	¼ cup butter, softened
2 cups all-purpose flour	
2 teaspoons baking powder	
½ teaspoon salt	
2 cups blueberries	

Preheat oven to 375°. Grease one 8-inch x 8-inch pan.

Cream together the ½ cup white and ½ cup brown sugars with butter and egg.

In a separate bowl mix together 2 cups flour, baking powder, and salt. Stir into sugar mixture, alternating with milk. Stir in blueberries. Pour into greased pan.

To make topping, combine ½ cup sugar, ⅓ cup flour, cinnamon, and butter. Sprinkle over cake batter.

Bake at 375° for 25–30 minutes.

Blueberry Crisp

JoAnn Wharton, Cary

3 cups blueberries	⅓ cup butter softened
2 tablespoons lemon juice	¾ teaspoon ground cinnamon
⅔ cup packed brown sugar	¼ teaspoon salt
½ cup all-purpose flour	
½ cup quick cooking oats	

Heat oven to 375°. Arrange blueberries in an ungreased square baking dish, 8-inch x 8-inch x 2-inch. Sprinkle with lemon juice. Mix brown sugar, flour, oats, butter, cinnamon, and salt; sprinkle on top.

Bake until topping is light brown and blueberry juice is hot and bubbly, about 30 minutes.

Blueberry Pancakes

Carol Noble, Burgaw

1 cup milk	2 tablespoons butter, melted
1 egg	½ cup blueberries, washed and drained
¼ cup Greek yogurt	
1 cup all-purpose flour	
1 tablespoon baking powder	
3 tablespoons sugar	
½ teaspoon salt	

Combine milk, egg, and yogurt; beat well. Stir together flour, baking powder, sugar, and salt; add to milk mixture and beat until large lumps disappear. Stir in butter and fold in butter and blueberries.

On a lightly greased griddle, pour ¼ cup batter for each pancake. Cook on medium high and turn over when edges are slightly dry and tops are covered with bubbles. Cook an additional minute on uncooked side.

Yield: 12 pancakes

Blueberry Cream Cheese Pound Cake

Susan Armstrong, Winston-Salem

8 ounces cream cheese, softened	Dash of salt
12 ounces butter, softened	1 teaspoon vanilla extract
3 cups sugar	1 teaspoon almond extract
6 eggs	3 cups all-purpose flour
	2 cups blueberries

Preheat oven to 325°. Cream together cream cheese, butter, and sugar. Coat blueberries with ¼ cup of flour. Add eggs, one at a time, beating well after each. Mix in a dash of salt, vanilla extract, almond extract, and remaining 2¾ cups of flour. Fold in blueberries and pour into a greased tube pan. Bake for 1½ hours or until a tester inserted into the cake comes out clean.

Ole Timey Blueberry Cake

Betty Williams, Concord

½ cup butter	1 teaspoon baking powder
1 cup sugar	¼ teaspoon salt
2 eggs separated	½ cup milk
1 teaspoon vanilla	2 sprinkles cinnamon
1½ cup sifted flour	1½ cups blueberries

Cream butter and sugar together until light and fluffy. Add well-beaten egg yolks and vanilla. Sift dry ingredients together and add alternately with the milk to creamed mixture, beating well after each addition. Fold in stiffly beaten egg whites. Pour half of mixture into lightly sprayed or greased oblong baking dish cover with blueberries and then remaining batter. Bake 350° until golden brown 25–30 minutes. Remove from oven cut into squares. Options sprinkle with confectioners sugar or add a scoop of ice cream.

Blueberry Dessert

Sims Poindexter, Pittsboro

1 cup graham cracker crumbs	Blueberry Topping:
1 cup plain flour	1 cup sugar
1 cup chopped nuts	3 tablespoons cornstarch
⅓ cup margarine, melted	¼ teaspoon cinnamon
1 cup confectioners sugar	¼ cup water
8 ounces cream cheese	3 cups blueberries
12 ounces whipped topping	

Mix crumbs, flour, nuts, and margarine. Spread in 9-inch x 13-inch pan. Bake for 10 minutes at 350°. Cool.

Mix sugar and cream cheese. Fold in whipped topping. Pour into cooked crust and cover with topping. Chill.

For topping, mix sugar, cornstarch, cinnamon, water, and 1 cup blueberries. Cook slowly until slightly thickened. Just before removing from the heat, add 2 cups of additional blueberries and cook until the berries are hot. Makes a good topping for pies as well as pancakes or waffles.

Yield: 12–16 servings

Blueberry Fluff

Gale Blue, Winston-Salem

2 3-ounce packages Berry Blue Jell-O® gelatin	2 cups blueberries
4 ounces cream cheese	½ cup English walnuts, chopped
1 cup miniature marshmallows	1 8-ounce container Cool Whip®

Dissolve first 3 ingredients in 2 cups of boiling water. Allow to cool. Add blueberries and nuts. Fold in Cool Whip®. Cool for several hours.

Blueberry Bundt Breakfast Cake

Mary Ritter, Gibsonville

2¼ cups plain flour	¾ cup canola oil
1 cup granulated sugar	2 tablespoons orange juice
1 teaspoon baking powder	2 cups blueberries
1 teaspoon baking soda	1 cup chopped pecans (medium pieces)
¼ teaspoon salt	Sifted powdered sugar
2 large eggs, beaten	
1 cup buttermilk	

Preheat oven to 350°. Grease and flour a 12-cup Bundt pan. In a medium bowl, combine dry ingredients. In a large bowl, blend together eggs, buttermilk, oil, and orange juice. Add dry ingredients; mix thoroughly. Fold in blueberries and nuts. Pour/spoon into pan. Bake 50 minutes or until toothpick inserted in middle of cake comes out clean. Cool in pan for 10 minutes. Loosen edges with a knife. Invert onto a plate. Dust with sifted powder sugar.

Blueberry Torte

Gertrude Oldfield, Cary

Crust:	Filling:
¼ pound (1 stick) butter or margarine	8 ounces cream cheese
1 tablespoon sugar	1 cup confectioners sugar
1 cup flour	1 package Dream Whip
	Blueberries or blueberry sauce

For Crust: Blend together butter, sugar, and flour with pastry blender and pat into a 9-inch x 11-inch pan. Bake at 375° for 15 minutes. Cool.

For filling: Blend cream cheese with confectioners sugar. Prepare 1 package of Dream Whip and fold into the cheese mixture. Spoon onto cooled crust. Top with blueberries or make a blueberry sauce. Cool for several hours before serving.

Blueberry and Fruit Cream Dream

Brenda Boone, Green Mountain

1 medium container Cool Whip®	1 angel food cake
1 14-ounce sweetened condensed milk	2 cups blueberries
¼ cup lemon juice	2 cups strawberries
	1 kiwi sliced

Whip milk and lemon juice until thick, then fold in Cool Whip®. Pinch cake into pieces. Layer half of the cake pieces in a glass bowl. Top with milk mixture. Arrange fruit on top of mixture. Repeat cake, milk mixture, and fruit. Refrigerate overnight.

Blueberry Rum Cake Topping

Sue Goodrich, Kill Devil Hills

1 cup Captain Morgan® rum (Flambé)
1 cup lemon juice
3 cups sugar
4 cups blueberries

Bring all ingredients to a rapid boil. Chill and serve. Garnish with fresh whipped cream.

About this recipe: Outer Banks Rum Cakes are served by many local restaurants on dessert menus. Each restaurant creates their "own signature toppings" for Outer Banks Rum Cakes. This signature topping for Outer Banks Rum Cakes was created by Chef Sam Larson from the historical JK'S restaurant in Kill Devil Hills.

Warmed Brie with Blueberry Sauce

Diana Veach, High Point

1 cup blueberries	2 tablespoons cider vinegar
2 tablespoons chopped onions	1½ teaspoons cornstarch
1½ teaspoons grated ginger root	⅛ teaspoon salt
¼ cup firmly packed brown sugar	1 3-inch cinnamon stick
	1 12-ounce package Brie cheese

In large saucepan, combine all ingredients except cheese; mix well. Bring to boil over medium heat, stirring frequently. Boil 1 minute. Remove cinnamon stick. Cool slightly. Cover. Refrigerate 30–45 minutes or until completely cooled.

Heat oven to 350°. Place cheese on ungreased cookie sheet. Bake at 350° for 10 minutes or until soft. Place cheese on serving plate and top with sauce. Serve with an assortment of crackers.

Hometown Blueberry-Sausage Breakfast Cake

Jennifer Parker, Statesville

Cake:

2 cups all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ cup margarine or butter
¼ cup sugar
¼ cup packed brown sugar

2 eggs
1 cup sour cream
1 pound pork sausage, crumbled, cooked, and well drained
1 cup blueberries
½ cup chopped pecans

Topping:

½ cup sugar
2 tablespoons cornstarch
½ cup water
2 cups blueberries
½ teaspoon lemon juice

In a bowl, stir together the flour, baking powder, and baking soda, and set aside. In a separate bowl, beat the margarine with an electric mixer on medium speed until fluffy. Add ¼ cup sugar and the brown sugar, and beat until combined. Add the eggs, one at a time, beating for 1 minute after each addition. Add the flour mixture alternately with the sour cream to the egg mixture, beating after each addition just until combined. Fold in the sausage and 1 cup of blueberries. Pour the batter into an ungreased 9-inch x 13-inch pan. Spread the batter evenly in the pan. Sprinkle the pecans evenly over the batter. You may cover it and refrigerate the unbaked cake overnight.

Bake in a 350° oven for 35–40 minutes, or until a toothpick inserted in the center comes out clean.

For topping: In a medium saucepan, combine ½ cup sugar, the cornstarch, water, and 2 cups of blueberries. Cook, stirring frequently, for 2 minutes. Add the lemon juice, stirring to blend. Serve over the warm cake. Refrigerate any leftover cake.

Yield: 15 servings

Blueberry Bread

Lois Miller, Winston-Salem

1 cup (2 sticks) butter	2 teaspoons baking powder
2½ cups sugar	2 teaspoons baking soda
6 eggs	2 cups sour cream
4 cups white whole-wheat flour	2 teaspoons vanilla extract
1 teaspoon salt	4 cups blueberries

Combine butter, sugar, and eggs in a mixing bowl. Beat until well mixed. In a separate bowl, mix flour, salt, baking powder, and baking soda. Combine dry ingredients with butter mixture. Blend well. Add sour cream and vanilla. Gently fold in blueberries. Pour into 3 medium greased loaf pans. Bake at 350° for 50 minutes.

Remove loaves from pans after cooling completely. Wrap in saran and foil. Freezes well.

Blueberry Bread Pudding

Linda Stewart Wells, San Mateo, Florida

1 16-ounce loaf French bread, cubed	6 large eggs
1 8-ounce package cream cheese, cut in small cubes	4 cups half & half
1 cup chopped pecans, toasted	½ cup granulated sugar
4 cups blueberries, divided	¼ cup butter, melted
	¼ cup maple syrup
	1 jar blueberry preserves (I use Smuckers®)

Arrange half of bread in a lightly greased 9-inch x 13-inch baking dish. Sprinkle with cream cheese, pecans, and 2 cups blueberries. Top with remaining bread. Beat eggs, half and half, sugar, butter, and maple syrup together. Pour over bread and press into bread. Cover and refrigerate overnight. Bake at 350° covered for 30 minutes; uncovered for 30 minutes or until lightly brown and set. In a saucepan, stir together remaining berries and preserves to make syrup. Serve blueberry syrup over bread pudding. Can garnish with blueberries and pecans. Good served with vanilla ice cream.

Blueberry Surprise

Martha Lammert, New Bern

6–8 blueberry doughnuts, broken into bite-size pieces	¾ cup powdered sugar
1 20-ounce can blueberry pie filling	¾ cup sugar
8 ounces cream cheese, room temperature	12–14 ounces Cool Whip®, thawed
	1–2 cups blueberries

Spray a 9-inch x 13-inch pan with baking spray.

For the first layer, arrange the bite-sized pieces of the blueberry doughnuts in the prepared pan.

For the second layer, pour the blueberry pie filling over the doughnuts.

For the third layer, prepare the frosting. Cream the cream cheese, powdered sugar, and sugar. Mix in the Cool Whip®. Spread the frosting over the doughnuts and pie filling.

For the fourth layer, spread 1–2 cups of blueberries over frosting.

Refrigerate overnight. Before serving, decorate the top with the blueberries.

Spring Blueberry Salad

Ann Hardy, Sunset Beach

Salad:	Dressing:
6 cups spring baby lettuces, washed and chilled	2 tablespoons lemon juice
1½ cups blueberries	2 tablespoons champagne vinegar
1 small red onion, thinly sliced	1 tablespoon blueberry jam or preserves, preferably homemade
1 stalk celery, thinly sliced	1 teaspoon Dijon mustard
1 tablespoon lemon zest	1 small shallot, minced
Candied pecans (optional)	⅔ cup good olive oil (or combination of olive and vegetable oil)

For salad: Divide lettuces between six salad plates. Sprinkle with blueberries, onion, celery, and lemon zest. Add candied pecans, if desired. Spoon on dressing to taste.

For dressing: whisk together lemon juice, vinegar, jam, mustard, and shallot in a small bowl. Slowly whisk in oil. Refrigerate but serve at slightly cooler than room temperature.

Blueberry Arugula Salad

Doreen Ross, Chapel Hill

1 cup blueberries
7 ounces organic arugula
1 avocado, cut into 1-inch cubes
¼ cup toasted almond slivers
¼ cup lemon olive oil (local at Blue Sky Oil & Vinegar)

⅓ cup blueberry balsamic vinegar (local at Blue Sky Oil & Vinegar)
Salt to taste
Pepper to taste

Rinse blueberries in a strainer and set aside. Rinse arugula and spin in a salad spinner to dry, or use paper towels. Cut a ripe avocado into bite-sized cubes. Toast almond slivers lightly on top of stove in a small dry sauté pan. This will take just a couple of minutes. As soon as you start to see them get a light toasted look stop and set aside to cool.

In a plastic container, add ingredients for dressing: lemon olive oil, blueberry balsamic vinegar, 1 teaspoon of water, and salt and pepper to taste. Shake, shake, shake.

In a large bowl, add arugula, blueberries, and avocado. Drizzle dressing. Toss with 2 forks and serve. Top with toasted almonds.

Yield: 4 servings

English Blueberry & Peach Cobbler

Kimberly Clary, Cary

1½ cup blueberries
1 cup peaches, diced
3 tablespoons plus ⅓ cup sugar

1 cup flour
¾ stick (6 tablespoons) of butter
Dash of salt

Pour fruit into a casserole dish (9-inch x 9-inch or oblong baking dish). Sprinkle fruit with 3 tablespoons sugar. In separate bowl, mix together flour, remaining sugar, and a dash of salt. Pour over top of fruit. Put pats of butter on top of flour/sugar mixture and bake uncovered on 400° for 30 minutes or until butter has melted on top.

About this recipe: This is not a traditional type of cobbler, but is prepared in an English style using less sugar and butter than typically used for desserts. This recipe is even better when you buy the blueberries and peaches from a local farmer's market in the summer.

Blueberry Compote with Mascarpone Cream Cheese

Georgene Falcon, Elizabeth City

2 cups blueberries
5 ounces mascarpone cheese
½ cup heavy whipping cream
½ cup confectioners sugar, sifted to remove lumps

¾ teaspoon pure vanilla extract
½ tablespoon crème de cassis

Divide blueberries among 4 compote dishes. Combine remaining sauce ingredients, mixing thoroughly. Spoon sauce over blueberries.

Yield: 4 servings

Blueberry Cornbread

Shannon Dolgos, Seagrove

2 cups self-rising white cornmeal
½ cup sugar
5 large eggs
1 16-ounce container of sour cream
½ cup butter, melted
2 cups of blueberries

Preheat oven to 450°. Stir together cornmeal and sugar in a large bowl. Make a well in center of mixture. In a small bowl, whisk together eggs, sour cream, and butter. Add egg mixture to cornmeal mixture. Stir just until dry ingredients are moistened. Fold in blueberries. Spoon batter into lightly greased 12-inch cast-iron skillet. Bake for 30 minutes or until wooden toothpick comes out clean. Shield with aluminum foil after 25 minutes to prevent over browning.

Blueberry Lemon Buttercake

Hope Cusick, Hampstead

Cake:

2¾ cups unbleached flour, sifted
1½ teaspoons baking powder
¼ teaspoon baking soda
2 sticks butter, room temperature
1¾ cups granulated sugar

4 large eggs, room temperature

1 tablespoon lemon zest

3 tablespoons lemon juice

1 cup milk plus 1 tablespoon
lemon juice

2 cups blueberries plus 2 teaspoons flour

Icing:

1½ cups confectioners sugar

1–2 teaspoons lemon juice

1 teaspoon Grand Marnier liqueur
(optional)

For cake: Butter and flour round tube pan or Bundt cake pan with vegetable baking spray. Preheat oven to 350°.

In a large bowl, sift together flour, baking powder, and baking soda, whisk thoroughly.

In another large bowl, place softened butter, add sugar and beat with an electric mixer for 3–4 minutes until fluffy. One at a time fold and mix in eggs. Add lemon juice and lemon zest and mix thoroughly.

In a small bowl, mix 1 cup milk with 1 tablespoon lemon juice with a whisk.

Divide the flour mixture in half. Mix half of the flour mixture into butter mixture and stir in half of the milk mixture. Mix thoroughly. Add the remaining half of the flour and milk mixtures. Continue to mix the batter on high for 3–4 minutes.

Rinse and pat dry the blueberries. In a small bowl, place the blueberries and toss with 2 teaspoons of flour until coated. Gently fold the blueberries into the batter. Pour batter into round tube pan or Bundt pan and bake for 45–55 minutes until toothpick comes out clean. Cool on a wire rack for 15 minutes then turn out onto wire rack and cool completely, 2–3 hours.

For icing: mix together confectioners sugar, lemon juice, and Grand Marnier until smooth. Drizzle over cake, letting it drip down the sides, before serving.

Blueberry & Cheese Danish Pastry

Hope Cusick, Hampstead

1 8-ounce package refrigerated crescent dinner rolls
4 ounces cream cheese, softened
3 tablespoons sugar
1 pint blueberries
¼ cup granulated sugar
1 teaspoon lemon juice
1 egg white, beaten
1 tablespoon sugar

In a saucepan, combine ¼ cup sugar and blueberries with lemon juice and cook over medium high heat for about 12 minutes, stirring continuously. Set aside.

Beat together cream cheese and 3 tablespoons sugar until creamy.

Spray a baking sheet with vegetable spray. Unroll crescent rolls into 4 rectangles, firmly pressing perforations together to seal. Lay on baking sheet. Dividing cheese mixture into fourths, put ¼ in the center of each dough rectangle. Top with ¼ of blueberry jam. Pull up opposite corners of rectangles and press together to seal. Brush with egg white and sprinkle with sugar.

Bake in 375° oven for 10–12 minutes until golden brown.

Hearty Blueberry Muffins

Joy Young, Hendersonville

Muffins:

¾ cup whole-wheat flour

¾ cup all-purpose flour

½ cup toasted wheat germ

2 teaspoons baking powder

¼ teaspoon salt

⅔ cup brown sugar

¾ cup 2% milk

¼ cup vegetable oil

2 eggs, slightly beaten

1½ teaspoons vanilla

1½ cups blueberries

Topping:

2 tablespoons toasted wheat germ

1 tablespoon brown sugar

¼ cup rolled oats

Heat oven to 375°. Stir together whole-wheat flour, all-purpose flour, ½ cup toasted wheat germ, baking powder, salt, and ⅔ cup brown sugar. Make a well in the center. Add milk, vegetable oil, eggs, and vanilla. Gently mix until just combined. Don't over mix. Gently fold in blueberries.

Divide batter among 12 lined muffin cups.

Make topping by combining toasted wheat germ, brown sugar, and rolled oats. Sprinkle on top of muffins.

Bake 20–22 minutes, then cool in pan.

Blueberry Salsa

Megan Westbrook, Greensboro

2 cups grape tomatoes, sliced in half	1–2 tablespoons cilantro, chopped
1 cup blueberries	Drizzle of white wine vinegar
½ cup sweet yellow onion, chopped	Drizzle of olive oil
1 heaping teaspoon minced garlic	Salt to taste
1 jalapeño or Fresno pepper, seeded and finely chopped	Pepper to taste

Mix all of these ingredients in a bowl and leave it to chill in the refrigerator. I like to use a large fork or potato masher to press lightly on the mixture in order to get the tomato and blueberry juices flowing through. Once chilled, serve this up with tortilla chips.

Pam's Sour Cream Blueberry Coffee Cake

Pam Ballew, Roanoke Rapids

Cake:	1 teaspoon vanilla
1½ cups sugar	1 cup sour cream
2 cups plain, all-purpose flour	1 pint blueberries
1 cup butter, softened	Topping:
½ teaspoon baking soda	3 tablespoons butter, melted
2 eggs, beaten	½ cup sugar
1 teaspoon baking powder	1½ teaspoons ground cinnamon

Preheat oven to 350°. Grease and flour two round baking pans/dishes or one 9-inch x13-inch baking dish.

Rinse and drain blueberries. Toss gently with 2 tablespoons sugar. Set aside. Cream together butter and sugar. Add eggs and vanilla. In a separate bowl, sift together flour, baking powder, and baking soda. Add the flour mixture to the butter/sugar mixture alternately with sour cream, beginning and ending with flour. Batter will be thick. Spread half the batter in pan(s). Sprinkle evenly with blueberries. Spread remaining batter over berries. Bake at 350° for 35 minutes.

Brush warm coffee cake with melted butter. Combine sugar and cinnamon and sprinkle over buttered cake. Cut and enjoy with good, strong coffee and fresh-squeezed orange juice.

About This Collection

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