

Mountainview Blueberry Farm

2016 Recipes

Blueberry Oatmeal Muffins

Ingredients:

1 cup all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
½ teaspoon cinnamon
¾ cup rolled oats (not instant)
½ cup lightly packed brown sugar
½ teaspoon lemon zest
1 egg
1 cup milk or half & half
¼ cup melted butter
1 cup fresh or frozen blueberries

Directions:

Stir dry ingredients together. Add sugar, rolled oats and lemon zest.

Beat together in a large bowl, egg, milk and melted butter.

Add the dry ingredients and stir just until moistened.

Fold in blueberries.

Bake 375°F for 20 minutes or until brown.

Blueberry Roll

Ingredients:

1 ½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoons salt
2 tablespoons sugar
5 tablespoons shortening or half butter
1 egg
¼ milk (approx.)
1 ½ cups fresh or frozen blueberries
1/3 cup sugar
1 teaspoon lemon zest
Cinnamon

Directions:

Sift flour, baking powder, salt and 2 tablespoons sugar into bowl. Cut in shortening(butter) and lemon zest until mixture resembles coarse corn meal. Beat egg slightly with a fork in cup; add milk to make ½ cup in all. Blend well. Add flour to mixture and stir quickly with fork until just mixed. Turn onto lightly floured board and knead gently about 10 times, until outside looks smooth. Roll or pat into a rectangle, approximately 8 X 10 inches.

Cover dough evenly with berries (all but 1 inch on sides.) Sprinkle the 1/3 cup sugar over berries. (If using frozen berries, don't thaw before use. If frozen, let thaw on dough for 10 minutes before rolling. Sprinkle with cinnamon. Roll like a jelly roll. Place on greased shallow pan. Preheat oven to 350°F and bake for approximately 25 to 30 minutes, until golden brown. Cut in slices and serve hot.

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Finnish Blueberry Puff

Ingredients:

4 tablespoons butter
8 eggs
½ teaspoons salt
2/3 cups flour
¼ cup honey
2 ½ cups milk
1 cup fresh or frozen blueberries (add last)

Directions:

Melt 4 tablespoons of butter in a large baking dish (9 X 13.) Blend all ingredients in blender, (except blueberries) alternating flour and milk last. Pour into preheated baking dish of melted butter. Sprinkle blueberries evenly over top and bake at 425°F for 20 – 25 minutes until puffed and golden.

Sprinkle with powdered sugar or use pancake syrup on top.

Blueberry Scone

Ingredients:

2 cups all-purpose flour
½ cup granulated sugar
2 ½ teaspoon baking powder
½ teaspoon ground cinnamon
½ teaspoon salt
½ cup butter; frozen
½ cup heavy cream
1 large egg
1 teaspoon vanilla extract
- 1 heaping cup blueberries (fresh or frozen)
- Coarse sugar for sprinkling on top before baking

Glaze:

1 cup powdered sugar
3 tablespoons heavy cream (half and half or milk)
1/4 teaspoon vanilla extract

Glaze Directions:

Whisk all of the glaze ingredients together and drizzle lightly over scones right before serving.

Directions:

Preheat oven to 400°F. Adjust baking rack to the middle-low position. Line a large baking sheet with parchment paper. Set aside.

In a large bowl, whisk flour, sugar, baking powder, cinnamon and salt. Grate the frozen butter. Toss the grated butter into the flour mixture and combine it with a pastry cutter, your fingers, or two knives until the mixture resembles coarse meal. Set aside.

In a small bowl, whisk cream, egg, and vanilla together. Drizzle it over the flour mixture and then toss the mixture together with a rubber spatula until everything appears moistened. Slowly and gently fold in the blueberries. Try to not overwork dough. Dough will be a little wet. Work the dough into a ball with floured hands as best you can and transfer to the prepared baking pan. Press into a neat 8" disc and cut into equal wedges with a very sharp knife. Top with sprinkle of coarse sugar. Bake for 20-25 minutes or until lightly golden and cooked through. Remove from the oven and allow to cool for a few minutes.

