

## **Blueberry – Coconut Pots de Crème with Sugared Blueberries**

*- Barbara Linder*

3/4 cup heavy cream  
1/2 cup milk  
½ t coconut extract  
4 egg yolks  
1/4 cup sugar  
Pinch salt  
3/4 cup fresh blueberries, mashed

Preheat the oven to 350° F.

In a medium saucepan, heat the cream, milk, and coconut extract over medium-low heat until warm, 4-5 minutes.

In a medium bowl, whisk together the egg yolks, sugar, and salt until smooth. Slowly whisk in the milk mixture. Stir in the blueberries. Spoon the mixture between 4 (4-5oz) ramekins. Place the ramekins in a baking pan. Pour enough hot water into the pan to come halfway up the sides of the ramekins.

Bake for 30 minutes on a center rack in the oven until the custard is almost set. Remove the pan from the oven and allow the ramekins to cool, allowing them to remain in the water, 45 minutes to 1 hour. Remove the ramekins from the water and refrigerate until set. Garnish with sugared blueberries.

Sugared Blueberries:

½ c blueberries  
1 egg white  
1¼ cup sugar, divided

To make the sugared blueberries, create a soft meringue foam by blending ¼ c sugar and egg white, and beat with a handheld mixer until soft peaks form.

Dip each blueberry in the foam, roll in the remaining sugar, and place on a parchment lined cookie sheet. Allow to air dry for a minimum of 1 hour, or place in an oven at low heat (175°), with the door open until the berries are dry. Use as a garnish.

## **Blueberry Muffins with Crumble Topping**

1 1/2 c AP flour  
3/4c sugar  
1/2 t salt  
2 t baking powder  
1/3 c canola oil  
1 egg  
1/3 c milk  
1 c blueberries

Topping:

1/2 c sugar  
1/3 c AP flour  
1/4 c butter, cut in to small cubes  
1 1/2 t cinnamon

Preheat oven to 400°F

Grease muffin tin or line with paper liners.

Combine 1 1/2 c flour, 3/4 c sugar, salt and baking powder. Place oil into a glass measuring cup. Add egg and enough milk to make 1c. Stir into flour mixture. Fold in blueberries and top with crumble topping, approximately 1 T per muffin. Bake 20-25 minutes.

To make topping: combine flour, sugar, butter and cinnamon.

## **Chilled Blueberry Cream Soup**

4 cups fresh blueberries  
1 cup white wine (fruity) or white grape juice  
1/4 cup lemon juice  
1/2 cup sugar  
1/4 teaspoon ground cinnamon  
1 t fresh lemon zest  
1 pint half-and-half  
1 cup plain Greek yogurt  
Lemon Twists, for garnish

Bring first 6 ingredients to a boil in a saucepan over medium-high heat, stirring often. Remove from heat, and slightly cool.

Process blueberry mixture a blender or food processor until smooth. Chill until ready to serve.

Once cool, stir in half-and-half.

Just before serving, top with yogurt and garnish with lemon twist, if desired.