



# Blueberry Recipes

Thanks to the Chippewa National Forest employee for sharing their family blueberry recipes!

## Blueberry Dessert

**Ben Hodgson, Forestry Technician, Blackduck Ranger District**

The Hodgson family recipes are well-known on the Forest...always an amazing addition to a potluck!

### **Step 1:**

1 cup chopped pecans

½ cup softened butter

1 cup flour

Mix pastry well in bowl. Press into 9 x 13in pan, Bake 350 for 15 minutes.

### **Step 2:**

8 oz cream cheese softened

1 cup powdered sugar

8 oz cool whip (or use 1 ½ cups heavy cream, whipped)

Spread over cooled crust.

### **Step 3**

4 cups of freshly picked Chippewa National Forest blueberries

1 cup sugar

3 Tbsp cornstarch

½ cup water

Combine ½ cup sugar & cornstarch, add water + 2 cups blueberries in a large pot. Cook until thickened, crush slightly. Remove from heat and add remaining ½ cup blueberries and sugar. Cool and then spread over cream cheese layer. Enjoy!



## Blueberry Aebleskivers

**Ellen Albright, Information Specialist, Forest Supervisor's Office**

Ellen picked her first blueberries on the Forest just this year, and prefers to put them in her Danish Aebleskivers vs Dutch poffertjes!

1 ½ cups cake flour

¼ tsp salt

3 Tbls sugar

1 Tbls baking powder (Heaping)

1 ½ cups evaporated milk

Juice from one lemon and zest

1 egg (beaten)

1 ½ tsp vanilla

2 tbs melted butter

1 cup blueberries (fresh or frozen)

In a bowl, mix cake flour, salt, sugar, and baking powder.

In another bowl, mix evaporated milk, lemon juice, and its lemon zest; let it rest for 5 minutes then add egg, vanilla extract, melted butter and whisk until combined. Pour wet mixture into dry ingredients. Stir to combine – don't overmix!

While allowing the batter to rise, heat aebleskiver cavities with a dot of butter over medium heat. Fill each cavity ¾ full with batter and push 3 blueberries down into the batter. Cook for one minute.

Flip the aebleskivers over (I use 2 wooden chopsticks) and cook for another 1.5 minutes. Serve immediately or cool and bring them along for a nice snack on a Forest hike.



## Blueberry Baked French Toast

**Mike and Melanie Rice**      **Mike is the Assistant Fire Management Officer at MIFC**

Melanie adds strawberries to the recipe to make a festive 4th of July breakfast!

- 8 oz loaf French bread
- 5 large beaten eggs
- 1 1/2 cup milk
- 1 cup whipping cream
- 1/4 cup sugar
- 1 Tbsp vanilla

Slice bread into 3/4"-1" slices. Arrange bread slices in greased 9x13 pan. Try to fill all the spaces by pushing bread into corners, or cutting to fit. Beat eggs, milk, cream, sugar and vanilla and pour over the bread. Cover and refrigerate 8 to 24 hours.

- 2/3 cup flour
- 1/3 cup packed brown sugar
- 1 tsp cinnamon
- Dash salt
- 1/4 cup butter, cold, cubed
- 1 1/2 cup blueberries

Preheat oven to 350°. Combine flour, brown sugar, cinnamon, salt and butter cubes in a ziplock bag and massage until all combined and it forms small clumps. Sprinkle over the entire pan of soaked bread. Spread blueberries over topping and bake uncovered for 30-35 minutes. Let stand for five minutes.

- 1 cup whipping cream
- 1 Tbsp powdered sugar
- 1 tsp vanilla
- Cinnamon/sugar

Beat together in cold metal bowl with cold beaters until stiff (which I put into the fridge or freezer during bake time). Serve piece of French toast with a dollop of whipped cream sprinkled with cinnamon and sugar.

**Tips:** If you like extra rich and extra whipped cream, buy the quart container of whipping cream, change the milk/whipping cream to 1 cup milk, 1 1/2 cup whipping cream. Use the remaining cream to make topping, adjust powdered sugar to taste. Try drizzling real maple syrup over the whipping cream and/or add sliced strawberries for a festive 4th of July breakfast!



## Blueberry Muffins

**Mary Nordeen      Public Affairs Specialist      Forest Supervisor's Office**

The first blueberries Mary ever picked in the wild was at Norway Beach back when she was about 6 years old. This recipe is adapted from Make It Minnesotan (MN Sesquicentennial Cookbook) John Wallin recipe (with permission from Nodin Press)

½ cup butter

1 ¼ cups sugar

2 eggs

1 cup strawberry or blueberry yogurt

1 tsp vanilla

1 tsp baking powder

½ tsp baking soda

¼ tsp salt (optional)

2 cups flour

2 cups blueberries (fresh or frozen)

Preheat oven to 375 degrees. Cream butter and sugar, add eggs and beat until smooth. Mix in sour cream/yogurt and vanilla. Combine dry ingredients and stir into creamed mixture. Fold in blueberries. Spoon into muffin tins (use paper liners or spray pan with oil) Bake until golden brown, about 25-35.

Tip: I like to sprinkle a little cinnamon sugar on the top of each muffin just before baking.



## Dorts Blueberry Pie

**Dort Pride** Long-time volunteer at Norway Beach Visitor Center

This simple and delicious recipe is from our good friend Dort Pride. She and her husband Dick shared their favorite blueberry picking area with us, along with stories of Forest adventures and life on the lake. They were favorites with staff and campers at the Visitor Center--we all became adopted grandkids! The Prides have been enjoying summers on the Forest for over 90 years!

Pie crust (2)

4 cups Chippewa National Forest blueberries

1 cup sugar

3 Tbls flour

½ tsp grated lemon rind

¼ tsp cinnamon

Dash salt

1 Tbls butter

1 Tbls lemon juice

Heat oven to 425 degrees. Put bottom pie crust layer in pie pan. Combine berries, sugar, flour, lemon rind, cinnamon and salt and put into crust. Dot with butter and sprinkle with lemon juice. Place top crust. Back for 35-40 minutes. Serve with good vanilla ice cream!



## Ranger Paul's Blueberry Cranberry Coffee Cake

**Paul Nordeen**

**Retired Chippewa National Forest Law Enforcement Officer**

Paul is known for his skills at finding blueberry patches, but you can also find him picking bog cranberries in the fall on the Forest. This recipe is perfect for mornings at hunting camp. (It's definitely not a "light" recipe—meant to keep the hunters warm on cold mornings.)

1 (8 oz) pkg cream cheese, softened

1 cup butter

1 ½ cup sugar

4 eggs

2 ¼ c flour

1 ½ tsp baking powder

2 cups blueberries (fresh or frozen)

1 cup cranberries (fresh or frozen)

1 tsp vanilla

Beat cream cheese, butter, sugar and vanilla. Add eggs, one at a time, mixing well after each. Combine flour, baking powder and add to the butter mix. Mix in cranberries and blueberries. The batter will be very thick.

Spoon into a greased bundt cake pan. Bake at 350 degrees for one hour. Let stand 5 minutes before removing from pan. Dust with a little powdered sugar before serving.

## Chippewa National Forest Blueberry Buckle



**Kent Ledermann    Forest Law Enforcement Officer**

The Ledermanns have graciously shared their secret family recipe for delicious blueberry buckle. Watch for the whole family out in the blueberry patch!

1 ½ cups white sugar

½ cup butter, softened

2 eggs

4 cups all-purpose flour

4 tsp baking powder

½ tsp salt

1 cup milk

4 cups fresh Chippewa National Forest blueberries

Topping:

1 1/3 cups sugar

1 cup all-purpose flour

1 tsp cinnamon

2/3 cup cold butter

Preheat oven to 375 degrees. Grease 9 x 13” baking pan. Beat 1 ½ cups sugar and ½ cup softened butter in a bowl until creamy and smooth. Beat in eggs. Whisk in 4 cups flour, baking powder and salt in a separate bowl. Stir flour mixture into creamed butter mixture, alternately adding in milk until batter is just combined. Fold in blueberries. Pour batter into the prepared pan.

Combine 1 1/3 cups sugar, 1 cup flour and cinnamon together in a bowl. Cut in the 2/3 cup cold butter, using a pastry blender or two knives until topping is crumbly. Sprinkle topping over batter.

Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 40-45 minutes. Cool on a wire rack.



## **Ray's Best Blueberry Day**

**Ray Burpo Timber Sale Administrator Blackduck Ranger District**

Leave it to Ray to really highlight that the best way to enjoy blueberries is freshly picked in the berry patch. A similar “recipe” was submitted by Recreation lead Ken Hansen from Blackduck!

This is my favorite recipe for blueberries. It's hard to follow, so I'll go step by step.

1. Find blueberry patch with plentiful, ripe berries
2. Sit in comfortable position in middle of said patch
3. Pick until hands are full
4. Mash berries into mouth
5. Chew wildly
6. Swallow
7. Repeat until no more berries in immediate area
8. Move to new area and repeat

Additional notes – One may get sleepy while engaging in this activity – it is ok to nap, just make sure to snore loudly so as to scare away any intruders (including both 2 legged and 4 legged).

Anyway, that is my favorite way to eat pretty much any kind of berry.



## Jen's Blueberry Jalapeno Jelly

**Jen Guith     Support Services Specialist   Deer River District**

Jen loves summer (and fancy flip flops) and recommends serving this with a little cream cheese and crackers!

1 cup water

4 cups blueberries mashed

3 cups sugar

1 tablespoon lemon juice

2 jalapeno peppers diced small\* about 4 tablespoons jalapenos

1 package pectin

### Instructions

Wash blueberries and remove stems.

Add water, blueberries, sugar and lemon juice to a large pot, bring to a simmer. Crush blueberries.

Bring to a boil and add peppers and pectin.

Cook according to package directions of pectin.

Remove from heat, add to jars and seal tightly.

Sterilize jars

Process in a Water Bath, 2 inches below water level, for 10 minutes

See the lower sugar recipe on the next page!



## Low-Sugar Blueberry Jalapeno Jelly

**Jen Guith     Support Services Specialist   Deer River District**

### INGREDIENTS

Nutrition

5 cups blueberries

1/2 cup lemon juice, divided into two 1/4 c. portions

1 1/2 cups water

1 cup jalapeno pepper, seeded and chopped fine

2 tablespoons bell peppers, chopped fine

1/2 cup vinegar

5 cups sugar, you can use 1/2 sugar and 1/2 Splenda also, but not just Splenda

1 (4 ounce) box pectin, low sugar formula

### DIRECTIONS

In one saucepan, combine the peppers, vinegar, 1/4 cup lemon juice and 1 cup water. Cook on medium high for 20 minutes, then using a sieve, remove all the peppers from the liquid and set aside.

In another saucepan, place blueberries, 1/4 cup lemon juice and 1/2 cup water and cook on medium high for 20 minutes, Strain with a cheesecloth or jelly bag.

Combine both liquids into one of the pans, adding sugar/Splenda. Cook on medium low until the sugar dissolved. Skim any foam off of the surface.

Bring mix to a boil and add 1 box pectin and bring to a rolling boil for one minute.

Remove from heat, skim off any foam and ladle into sterilized jelly jars and place lids tightly on the jars.

Boil in a hot water bath (with 1-2 inches of water over the lids) for 5 minutes.

Set on counter to cool and to set. Listen for the lids to pop. They could pop anywhere from 2 minutes to 2 hours afterward.

If they do not pop, they are not sealed and will need to be refrigerated and used immediately.

## Blueberry Banana Smoothie



**Matt Stolzman**

**Forestry Tech—Timber Sale Prep**

**Walker Ranger District**

Perfect on a summer northwoods morning!

1 cup frozen blueberries

1-2 frozen bananas (peeled)

1 cup vanilla yogurt

Put all ingredients in a blender and enjoy this refreshing start to the day!