



BLUEBERRY BOOSTED SAUCES

Plus-ones that will plus up your menu



About U.S. Highbush Blueberry Council

The U.S. Highbush Blueberry Council (USHBC) is a grower-driven organization working to be the global leader in knowledge, programs, and resources used and shared by the blueberry industry.

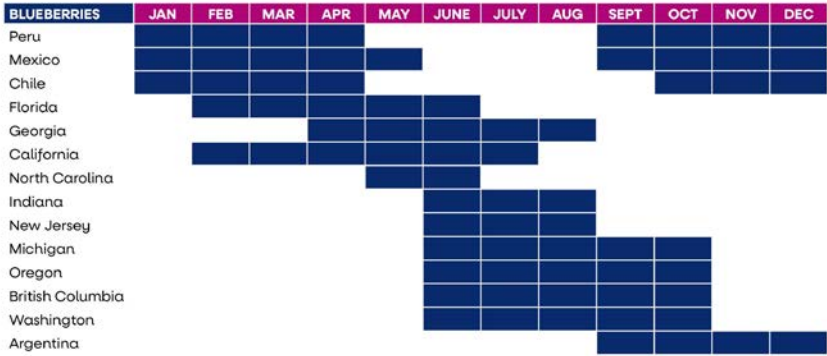
USHBC supports the domestic and international farmers who have a passion for growing the delicious and high-quality blueberries that inspire you to grab a boost of blue.

Through collaboration and innovation, USHBC is moving our industry forward to bring you the best-quality fruit and share the endless possibilities of blueberries.

Year-Round Availability of Blueberries

Blueberries thrive under clear blue skies, with hot days and cool nights. They're native to North America, where the harvest runs from April to late September.

During the North American winter, South America is experiencing summer, and our international farmers keep fresh blueberries available from November to March.



Patrons Want More Blueberries on Menus



Savory Blueberry and Chicken Crepes

64% say blueberries **brighten up the flavor of sauces and dressings**

62% say blueberries **make menu items fresher**

73% believe blueberries **make a dish more appealing**

70% indicate **willingness to pay more for a dish with blueberries**

72% say **blueberries make a dish healthier**

74% say blueberries **add a pop of color to dishes**

56% wish blueberries were **included more on lunch and dinner menus**

64% believe blueberries **make a dish taste better**

59% wish there were more exciting **and adventurous applications for blueberries**

Source: USHBC Patron Study, 2021



Blueberry Tahini Cauliflower Grain Bowl

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For additional recipes and information, go to blueberry.org/foodservice



Blueberry Hot Honey

Yield: 1 quart or as needed

INGREDIENTS

- 4 cups blueberry syrup (from canned blueberries packed in syrup)
- 2 cups prepared hot honey

OR

- 2 parts blueberry syrup (from canned blueberries packed in syrup)
- 1 part prepared hot honey

INSTRUCTIONS

1. Place blueberry syrup and prepared hot honey in a saucepan over medium low heat.
2. Bring mixture to a simmer and cook for 10-15 minutes, or until reduced by $\frac{1}{3}$. Whisk occasionally to avoid burning. The final syrup should be nappe, to coat the back of a spoon.
3. Remove from stove and allow to cool to room temperature.
4. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.

Disclaimer for Canned Blueberries Packed in Juice or Syrup: 1 can blueberries packed in juice or syrup yields approximately 8 ounces blueberries (by volume) and 7 ounces juice or syrup (by volume)

Blueberry BBQ Sauce

Yield: 1 quart or as needed

INGREDIENTS

- 4 cups IQF blueberries, thawed, drained, and patted dry to yield 2 cups*
- 2 cups prepared BBQ sauce

OR

- 1 part IQF blueberries, thawed, drained, and patted dry*
- 1 part prepared BBQ sauce

INSTRUCTIONS

1. Place blueberries and prepared BBQ sauce in a blender.
2. Start blender on low and gradually increase the speed until on high. Allow the mixture to blend on high for 1 minute or until smooth.
3. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.



*For IQF blueberries: slack thaw and drain in a fine mesh strainer, then pat dry on a sheet tray. Alternatively, swap frozen blueberries for 2 cups canned blueberries packed in juice, drained.



Blueberry Balsamic Reduction

Yield: 1 quart or as needed

INGREDIENTS

- 5 cups blueberry juice (either bottled or drained from canned blueberries packed in juice)
- 3 cups balsamic vinegar

OR

- 5 parts blueberry juice (either bottled or drained from canned blueberries packed in juice)
- 3 parts balsamic vinegar

INSTRUCTIONS

1. Place blueberry juice and balsamic vinegar in a saucepan over medium low heat.
2. Bring mixture to a gentle simmer and cook for 15-20 minutes, or until reduced by half and thickened to nappe.
3. Remove from stove and allow to cool to room temperature.
4. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.

Disclaimer for Canned Blueberries Packed in Juice or Syrup: 1 can blueberries packed in juice or syrup yields approximately 8 ounces blueberries (by volume) and 7 ounces juice or syrup (by volume)

Blueberry Bourbon Caramel

Yield: 1 quart or as needed

INGREDIENTS

- 3 cups canned blueberries packed in juice (both blueberries and juice, 2 - 15 ounce cans)
- 3 cups prepared bourbon caramel sauce, such as Lyons brand

OR

- 1 part canned blueberries packed in juice (both blueberries and juice)
- 1 part prepared bourbon caramel sauce, such as Lyons brand

INSTRUCTIONS

1. Add blueberries and their juice to a saucepan over medium low heat. Cook mixture for 15-20 minutes, or until reduced by $\frac{2}{3}$ and the viscosity of jam.
2. Stir prepared caramel sauce into the blueberry mixture, remove from heat, and transfer to a blender.
3. Blend until smooth.
4. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.



Disclaimer for Canned Blueberries Packed in Juice or Syrup: 1 can blueberries packed in juice or syrup yields approximately 8 ounces blueberries (by volume) and 7 ounces juice or syrup (by volume)



Blueberry Buffalo Sauce

Yield: 1 quart or as needed

INGREDIENTS

1½ cups canned blueberries packed in juice (both blueberries and juice)
3 cups prepared hot wing sauce

OR

1 part canned blueberries packed in juice (both blueberries and juice)
2 parts prepared hot wing sauce

INSTRUCTIONS

1. Place blueberries and their juice and prepared hot wing sauce in a saucepan over medium low heat.
2. Bring mixture to a gentle simmer and cook for 10 minutes.
3. Remove from heat and transfer to a blender.
4. Blend until smooth.
5. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.

Disclaimer for Canned Blueberries Packed in Juice or Syrup: 1 can blueberries packed in juice or syrup yields approximately 8 ounces blueberries (by volume) and 7 ounces juice or syrup (by volume)

Blueberry Ranch Dressing

Yield: 1 quart or as needed

INGREDIENTS

1½ cups IQF blueberries
3 cups prepared ranch dressing

OR

1 part IQF blueberries
2 parts prepared ranch dressing

INSTRUCTIONS

1. Place IQF blueberries and prepared ranch dressing in a blender.
2. Start blender on low and gradually increase the speed until on high. Allow the mixture to blend on high for 1 minute or until smooth yet maintains visible blueberry pieces if desired.
3. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.





Blueberry Mole

Yield: 1 quart or as needed

INGREDIENTS

3 cups IQF blueberries
1½ cups prepared mole negro sauce

OR

2 parts IQF blueberries
1 part prepared mole negro sauce

INSTRUCTIONS

1. Place IQF blueberries and prepared mole negro sauce in a saucepan over medium low heat.
2. Bring mixture to a gentle simmer and cook for 10 minutes.
3. Remove from heat and transfer to a blender.
4. Blend until smooth.
5. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.

Blueberry Syrup

Yield: 1 quart or as needed

INGREDIENTS

1½ cups IQF blueberries
3 cups maple syrup

OR

1 part IQF blueberries
2 parts maple syrup

INSTRUCTIONS

1. Place IQF blueberries and maple syrup in a blender.
2. Start blender on low and gradually increase the speed until on high. Allow the mixture to blend on high for 1 minute or until smooth.
3. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.



Blueberry Ponzu

Yield: 1 quart or as needed

INGREDIENTS

- 2½ cups blueberry juice (either bottled or drained from
canned blueberries packed in juice)
- 1½ cups prepared ponzu sauce

OR

- 5 parts blueberry juice (either bottled or drained from
canned blueberries packed in juice)
- 3 parts prepared ponzu sauce

INSTRUCTIONS

1. In a mixing bowl, whisk blueberry juice and prepared ponzu sauce to combine.
2. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.

Blueberry Pico de Gallo

Yield: 1 quart or as needed

INGREDIENTS

- 2 cups fresh blueberries
- 2 cups prepared pico de gallo

OR

- 1 part fresh blueberries
- 1 part prepared pico de gallo

INSTRUCTIONS

1. In a mixing bowl, mix fresh blueberries and prepared pico de gallo to combine.
2. Allow mixture to rest for 15–20 minutes to meld flavors.
3. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.



Disclaimer for Canned Blueberries Packed in Juice or Syrup: 1 can blueberries packed in juice or syrup yields approximately 8 ounces blueberries (by volume) and 7 ounces juice or syrup (by volume)

Blueberry Chimichurri

Yield: 1 quart or as needed

INGREDIENTS

2 cups fresh blueberries
2½ cups prepared chimichurri

OR

4 parts fresh blueberries
5 parts prepared chimichurri

INSTRUCTIONS

1. Place fresh blueberries on a grate and grill 5-7 minutes over medium to low heat or bake on a sheet tray for 5-7 minutes in a 425°F oven until charred.
2. Remove charred blueberries from grate or sheet tray and allow to cool to room temperature.
3. In a mixing bowl, mix charred blueberries and prepared chimichurri to combine.
4. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.



Blueberry Pesto

Yield: 1 quart or as needed

INGREDIENTS

7 cups IQF blueberries, thawed, drained, and patted dry to yield 3½ cups*
½ cup prepared pesto

OR

7 parts IQF blueberries, thawed, drained, and patted dry*
1 part prepared pesto

INSTRUCTIONS

1. In a mixing bowl, mix blueberries and prepared pesto to combine.
2. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.



*For IQF blueberries: slack thaw and drain in a fine mesh strainer, then pat dry on a sheet tray. Alternatively, swap frozen blueberries for 3½ cups canned blueberries packed in juice, drained.

Blueberry Ketchup

Yield: 1 quart or as needed

INGREDIENTS

1 cup dried blueberries
3 cups prepared tomato ketchup

OR

1 part dried blueberries
3 parts prepared tomato ketchup

INSTRUCTIONS

1. Rehydrate dried blueberries by placing in a large bowl and covering with hot water, allowing to sit for 30 minutes. Once rehydrated, drain excess water.
2. Place rehydrated dried blueberries and prepared tomato ketchup in a blender.
3. Start blender on low and gradually increase the speed until on high. Allow the mixture to blend on high for 2 minutes or until smooth.
4. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.



Blueberry Whole Grain Mustard

Yield: 1 quart or as needed

INGREDIENTS

5 1/3 cups IQF blueberries, thawed, drained, and patted dry to yield 2 2/3 cups*

1 1/3 cups prepared whole grain mustard

OR

2 parts IQF blueberries, thawed, drained, and patted dry*

1 part prepared whole grain mustard

INSTRUCTIONS

1. In a mixing bowl, mix blueberries and prepared whole grain mustard to combine.
2. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.



*For IQF blueberries: slack thaw and drain in a fine mesh strainer, then pat dry on a sheet tray. Alternatively, swap frozen blueberries for 2 2/3 cups canned blueberries packed in juice, drained.



Blueberry Vinegar-Based Hot Sauce

Yield: 1 quart or as needed

INGREDIENTS

6 cups IQF blueberries, thawed, drained, and patted dry to yield 3 cups*
1 cup prepared vinegar-based hot sauce

OR

3 parts IQF blueberries, thawed, drained, and patted dry*
1 part prepared vinegar-based hot sauce

INSTRUCTIONS

1. Place blueberries and hot sauce in a blender.
2. Start blender on low and gradually increase the speed until on high. Allow the mixture to blend on high for 30 seconds or until smooth.
3. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.

*For IQF blueberries: slack thaw and drain in a fine mesh strainer, then pat dry on a sheet tray. Alternatively, swap frozen blueberries for 3 cups canned blueberries packed in juice, drained.

Blueberry Chili Crisp

Yield: 1 quart or as needed

INGREDIENTS

1½ cups dried blueberries, rough chopped
2½ cups prepared chili crisp

OR

3 parts dried blueberries, rough chopped
5 parts prepared chili crisp

INSTRUCTIONS

1. In a mixing bowl, mix dried blueberries and prepared chili crisp to combine.
2. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.



For additional recipes and information, go to blueberry.org/foodservice



Blueberry Aioli

Yield: 1 quart or as needed

INGREDIENTS

3 cups IQF blueberries, thawed, drained, and patted dry to yield 1½ cups*
2½ cups prepared aioli or mayonnaise

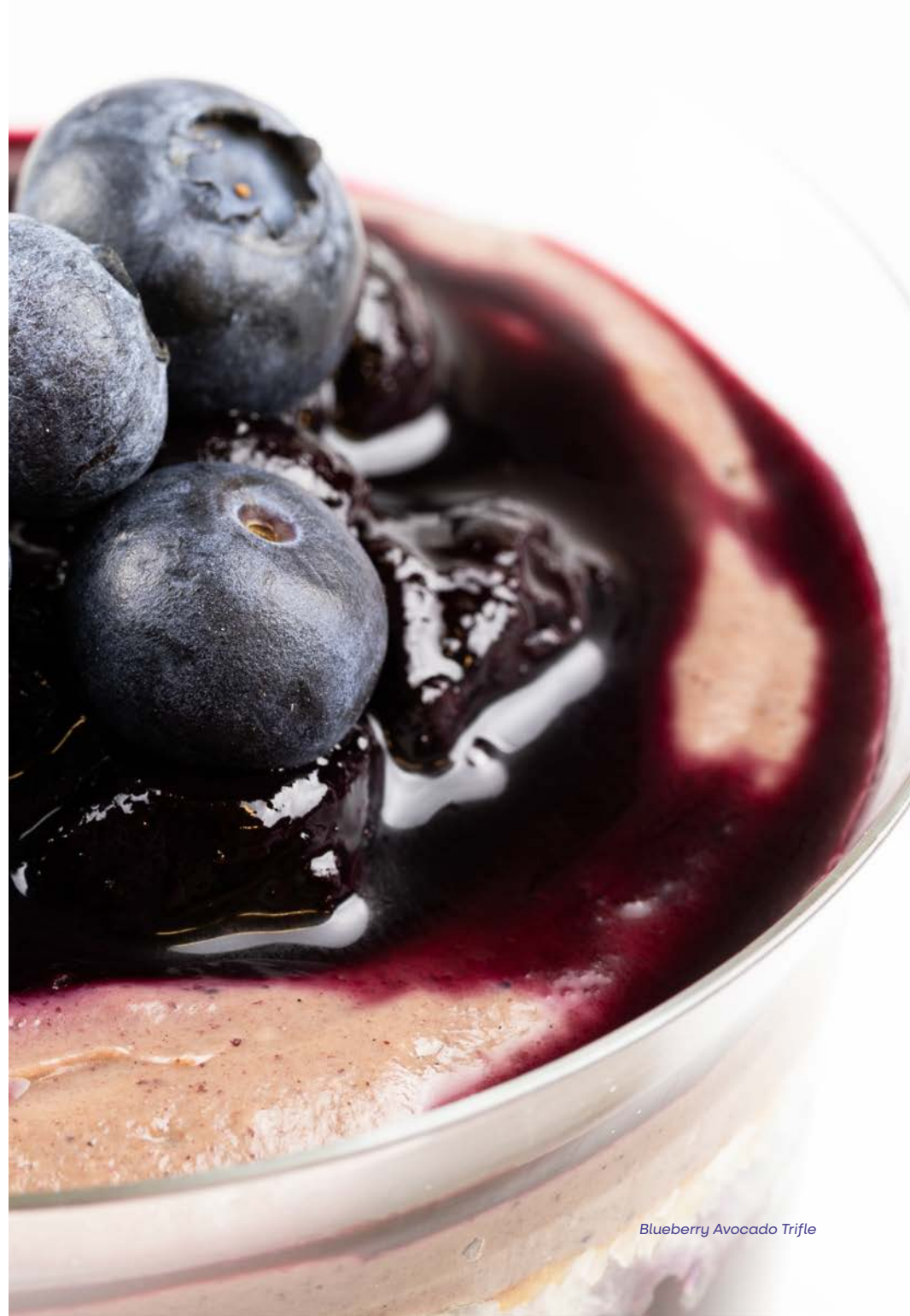
OR

3 parts IQF blueberries, thawed, drained, and patted dry*
5 parts prepared aioli or mayonnaise

INSTRUCTIONS

1. Place blueberries and aioli in a food processor.
2. Pulse mixture on and off for 10–20 seconds or until the blueberries are partially broken down and incorporated into the aioli.
3. Use immediately or transfer to an airtight container, label, date, and store under refrigeration.

*For IQF blueberries: slack thaw and drain in a fine mesh strainer, then pat dry on a sheet tray. Alternatively, swap frozen blueberries for 1½ cups canned blueberries packed in juice, drained.



Blueberry Avocado Trifle



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**FOR ADDITIONAL RECIPES AND INFORMATION, GO TO
[BLUEBERRY.ORG/FOODSERVICE](https://blueberry.org/foodservice)**