

BLUEBERRIES BRIDGE THE FAMILIAR WITH THE

At the U.S. Highbush Blueberry Council (USHBC), everything we do comes out of the blue. Sweet and tart blueberries inspire us to introduce new flavor combinations and formulations that elevate the culinary versatility of the world's favorite fruit. There is a growing desire for food to transform customers' daily lives into new taste experiences. Whether your company is seeking velvety textures and subtle flavors or a punch of blue hue that ignites the palate, there is a texture, a color, an emulsion, a crunch, a tang, a sweetness, or a health functionality from blueberries that fits your needs.

This booklet is designed to ignite innovation with blueberries. We invite you to visit our Food Manufacturing Hub at **foodprofessionals.blueberry.org** for more inspiration and ideas to launch your next successful blueberry product.

At USHBC, our mission is to drive demand for blueberries across all channels. It is through collaboration across all industry stakeholders that we are able to collect valuable information, promote all forms of blueberries, and share that collective knowledge with culinary professionals, health and nutrition leaders, and the public.

Our aim is to raise awareness and grow demand for blueberries on behalf of our growers, by catalyzing the innovation of new blueberry products. While our goals are lofty, embedded in every action is respect and empathy for the planet, growers, industry members, and customers.

For more on USHBC's strategic plan, visit ushbc.blueberry.org/about-ushbc.

USHBC PURPOSE, MISSION, VISION

WE BELIEVE... The blueberry industry, working together, will make blueberries the world's favorite everyday berry and number one berry in sales volume and premium value.

WE EXIST TO... Lead demand-driving programs based on shared resources, research, and insights that inspire possibilities and sustain the profitable growth of the blueberry industry.

MISSION... To grow consumer demand for blueberries by uniting industry stakeholders through research, promotions, and resources that strengthen their ability to compete in the global marketplace.

VISION... USHBC empowers the industry to make blueberries the world's favorite fruit.

BLUEBERRIES

PASS THE CULINARY R&D

TEST

When chefs and product developers tinker in the kitchen with new ideas for blueberries, they are amazed by the nimbleness of the berries.

Food pairing studies show that blueberries have similar characteristics to peaches, vanilla, rose, and citrus. Their acidity heightens and harmonizes flavor profiles, whether sweet, salty, or savory. When combined with the sour of citrus, the sharpness of the blueberry intensifies and fills the mouth with lasting, vibrant flavors.

On the other end of the flavor spectrum, blueberries can balance sweet, salty, bitter, and umami flavors. Though blueberries are typically thought of for use in sweet recipes, they hold their own beautifully with powerful umami flavors and stand up to the heat of fiery spices for ethnic foods.

Herbs such as basil, lavender, marjoram, mint, oregano, rosemary, thyme, and sage pair well with blueberries for applications in spice mixes, rubs, sauces, teas, coffees, and cold beverages, wines, and spirits.

Fresh blueberries contain 29% soluble and 71% insoluble fiber, both of which offer novel properties for food manufacturing.¹ The water-soluble pectin fibers easily form gels for sauces and jams. Research using blueberry insoluble fibers as a substitute for gluten-free flour mixtures in cookies resulted in dietary fiber content higher than 6g per 100g, which is suitable for a "high fiber" nutrition claim.² The blueberry fiber showed higher water absorption capacity and yielded cookies with a rigid dough structure, high water loss during baking, low cookie thickness, high spread ratio, dense inner structure, and cookie hardness.





BLUEBERRIES SHINE A

SPOTLIGHT—ON HEALTH

Blueberries are a top berry choice for people worldwide, not just for their flavor and versatility, but also for their healthy reputation. As many as 82% of shoppers surveyed by the USHBC agree that blueberries are an easy way to get vitamins and antioxidants. This heightened awareness of blueberries' nutritive properties lends a healthy halo to foods made with the berries.

Up to

72%

of shoppers say that blueberries make an item healthier.¹

For example, try pairing the health properties of blueberries with matcha green tea. At first glance and taste, truffles made with dark Belgian chocolate, cocoa, blueberries, and matcha scream indulgence. But take a closer look at the health properties of each ingredient, and you've got a luscious confectionary morsel packed with healthy fats and antioxidants.

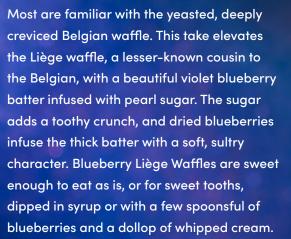
1. USHBC Patron Survey, 2021

BLUEBERRY MATCHA TRUFFLES



BLUEBERRY TWISTS ON There is no better morning wake-up call than the aroma of a freshly baked blueberry treat from the oven. Move over, muffins, we have some new bakery ideas to satisfy consumers' cravings for something sweet in the morning, during a coffee break, or for a sweet snack. Brioche's eggy richness and cakey tenderness are unmatched among breads and pastries. In this instance, petite dried blueberries add a touch of sweetness and → BLUEBERRY-STUDDED BRIOCHE BUNS textural contrast to the French classic, which can be used equally well in sweet or savory builds.









OF BLUE
FOR SWICY SNACKS

Snacks are not just for snacking any longer. Snacks have become a daily staple of the American diet, accounting for nearly a quarter of total calories among adults. More than 90% of U.S. adults report eating one or more snacks on any given day, but most average one to three snacks daily.

The sweet and spicy trend, called swicy, is a hot topic in the snack industry. Also called sweet heat, think of hot honey and citrus with hot chilies. The combination originated from Korean cuisine and is expected to grow exponentially, according to trends from the Sweets and Snacks Expo in 2023.² Blueberry cornbread crisps are a bit of culinary Americana that satisfy this hunger for sweet and spicy snacks. You'll want more than a handful thanks to the irresistible dusting of sweet dried-blueberry powder and spices that add a kick.

1. USDA—U.S. Department of Agriculture Agricultural Research Service. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions by Gender and Age, What We Eat in America, NHANES 2015–2016 (accessed July 13, 2023) https://www.ars.usda.gov/arsuserfiles/80400530/pdf/1516/table_1_nin_gen_15.pdf

2. Special Report, Snack Flavor Trends, Food Business News, June 6, 2023 (accessed July 13, 2023) https://www.foodbusinessnews.net/articles/23966-special-report-snack-flavor-trends

SAUCY BLUES

Sauces are an easy way to take people on an eating adventure. For those with limited cooking skills or time, a few tablespoons of a perfectly prepared sauce transform the ordinary into the extraordinary.

Concentrated blueberries in a chophouse-style steak sauce pair perfectly with fattier proteins like ribeye steaks and duck breast. Here, the tart fruitiness of blueberries is combined with the richness of black garlic for a sauce that has date-like sweetness with a sharp, bright contrast from the berries.





The New York Times declared salsa macha, a concoction of minced dried chilies, garlic, nuts, and seeds fried in oil, born in Veracruz, Mexico, the most valuable condiment in 2021. Our Blueberry Salsa Macha is an adaptation of this chili-oil sauce. Blueberries build on the smokey, fiery goodness of the chilies, which together add excitement to a plate of poached eggs, a side of roasted vegetables, a basket of tacos, or a steamy bowl of Asian noodles.

70%

of consumers are willing to pay more for items that include blueberries.¹

1. USHBC Patron Survey, 2021

BLUEBERRY SALSA MACHA





BLUE RIBBON ZERO PROOF

America is cutting back on alcohol consumption.

As many as

34%

expressed a desire to drink less in 2023.1

Trend watchers say the sober curious movement is no longer a fad and that Gen Z is leading the way. Younger Gen Z consumers say they are less interested in drinking alcohol, but in general, there is a change taking place in society with more people of all ages and stages of life looking for better ways to stay healthy by drinking less.

New beverages with a healthy halo, like those made from blueberries, align with this growing trend. With that in mind, we created formulations for blueberry sparkling mixers that tickle the palate and the nose with just the right amount of fresh blueberry flavor and carbonation, and are just as perfect on their own as they are paired with a spirit of choice.

Consumers say they want their non-alcoholic drinks to be healthy, taste good, and be more than a dressed-up soft drink or club soda. A primary reason people like to drink is that they love trying new concoctions. The same can be said for low- or non-alcoholic drinkers. According to Nielsen data, between August 2021 and August 2022, total dollar sales of non-alcoholic drinks in the U.S. stood at \$395 million, representing a year-on-year growth of +20.6%?



NC Solutions, Purchase Data, Jan. 2023 (accessed July 13, 2023) https://ncsolutions.com/the-goods/sobercurious-nation-alcohol-survey

NielsenIQ SVP Data, Nonalcoholic Beverage Trends in the US, https://nielseniq.com/global/en/insights/ education/2022/non-alcoholic-beverage-trends-in-the-us



Blueberries are a beloved fruit in America, capturing the hearts and taste buds of consumers nationwide. With their vibrant blue color and burst of sweet flavor, it's no wonder that attitudes towards blueberries are overwhelmingly positive. The favorite staple for breakfast treats and healthy snacks is finding its way into new food categories including confections, sauces, and beverages. The blueberry craze is sparking a new era of innovation for consumers who want to experience the benefits of blueberries throughout their day.

Digital conversations about blueberries increased by



from 2022 to 2023.¹

USHBC works closely with food makers, marketers, and retailers across channels to activate programs that address consumer needs, educate the public about the health benefits of blueberries, and drive demand on behalf of our growers.

1. https://tastewise.io/foodtrends/blueberries









BLUEBERRY MATCHA TRUFFLES



Yield: 50 servings

Dark chocolate truffles studded with dried blueberries, flavored with matcha, and rolled in a sugared, bright blueberry powder.

INGREDIENTS

125 gram Dark Chocolate Matcha Blueberry Truffles

[see sub-recipe]

13-5 grams Blueberry Coating [see sub-recipe]

DARK CHOCOLATE MATCHA BLUEBERRY TRUFFLES

INGREDIENTS

472 grams heavy cream

1020 grams 70% dark chocolate, chopped

18 grams organic vanilla extract

200 grams organic dried sweetened blueberries,

chopped

20 grams green tea matcha powder

1 part Blueberry Coating [see sub-recipe]

INSTRUCTIONS

- Heat the heavy cream in a small saucepan over medium heat until hot and starting to bubble but not fully boiling (a "shiver"). Remove cream from heat.
- 2. Add the chopped chocolate, matcha powder, and vanilla extract and stir with a wooden spoon until ganache mixture is completely smooth.
- Mix in dried blueberries and cool mixture in the fridge (uncovered) until cool enough to work with but still soft enough to roll relatively easily.
- 4. Measure out ganache mixture (25g) in tablespoonsized ice cream scoop.
- 5. Form truffle with hands into round/spherical shape.
- 6. Place on parchment-covered sheet pan.
- 7. If mixture gets too warm, return to fridge.
- 8. Roll truffles in Blueberry Coating until completely covered, making sure to use gloved hands or tongs.

BLUEBERRY COATING

INGREDIENTS

58 grams freeze-dried blueberry powder

25 grams organic cane sugar

INSTRUCTIONS

Whisk together until blended.

→ BLUEBERRY MATCHA GRANOLA BARS →

Yield: 2 servings

Crispy bar made with blueberries, matcha powder, pecans, and puffed rice. Matcha may present as a layer; flavor profile is not too sweet, leaning into health halo.

INGREDIENTS

27.11 grams organic sweet syrup
1.36 grams high oleic canola oil
1.82 grams refined glycerin 99.7% USP

0.14 gram sunflower lecithin

0.36 gram natural blueberry pie filling flavor

9.05 grams granulated sugar
0.45 gram PRFD sea salt UNTR
11.96 grams dried blueberries
25.67 grams 50% protein rice crisps
5.87 grams pecan pieces
3.16 grams pecan meal

13.04 grams Simply Natural white wafers 1 part green tea matcha powder

INSTRUCTIONS

- 1. Combine sweet syrup, canola oil, glycerin, lecithin, and blueberry pie flavoring.
- 2. Separately combine sugar, salt, dried blueberries, rice crisps, pecan pieces, and pecan meal.
- 3. Add all wet ingredients to dry ingredients and mix until everything is evenly dispersed.
- 4. Weigh portions and form bars by hand. Place finished bars on a parchment-lined sheet tray.
- 5. Cover and allow to dry for 24-48 hours.
- Once bars have firmed up, begin melting white chocolate to 130°F.
- 7. Drizzle white chocolate over bars and finish with a dusting of matcha powder.
- 8. Enjoy now or package individually and store for up to 30 days.



BLUEBERRY-STUDDED BRIOCHE BUNS

Yield: 13 servings

Toasted blueberry-studded buttery brioche bun.

INGREDIENTS

500 grams HP bread flour, chilled
1.25 grams blueberry flavor emulsion
125 grams tap water, filtered, chilled
275 grams egg, whole liquid, chilled
15 grams instant dry yeast
12.5 grams salt, kosher, fine

250 grams butter, unsalted, room temperature, cut into 1" chunks

40 grams cane sugar

100 grams dried blueberries, 1/4" chop

Egg Wash [see sub-recipe]

INSTRUCTIONS

- Straight Dough Method in mixer with dough hook and final development on bench with folds and rests prior to proofing.
- 2. Scale ingredients.
- 3. Autolyse flour, emulsion, water, and egg for 10 minutes.
- 4. Add yeast and salt (separately and slowly while mixing).
- Mix low speed until dough clears sides of bowl and dough shows signs of development (but not final clear).
- 6. Slowly, add butter and sugar while mixing, 1 ounce at a time until incorporated into the dough.
- 7. Increase speed to medium.
- Mix until dough reaches a near final clear and can be stretched to a window without breaking.
- Transfer dough to a surface and stretch to a rectangle.
 Add blueberries over the entire surface. Roll and fold to
 incorporate blueberries evenly in the dough. Rest for 1
 hour in a warm place.
- 10. Target 77°F dough.
- 11. Refrigerate overnight (retard).
- 12. Cut into 92-gram balls; shape and round. Proof for 2 hours or until balls double in size.
- 13. Pan in 3" round bun pans. Rest for 1 hour.
- 14. Egg wash tops.
- 15. Preheat oven to 400°F; turn down to 350°F when pans enter oven; bake 14 minutes (190°F internal temp).

EGG WASH

INGREDIENTS

28 grams egg white, liquid 14 grams tap water, filtered



27





DARK CHOCOLATE BLUEBERRY BABKA

Yield: 35-40 servings

Blueberry and dark chocolate babka muffins brushed with blueberry brown butter and topped with blueberry sugar.

INGREDIENTS

493 grams organic whole milk, warmed

19 grams organic cane sugar 20 grams active dry yeast 1150 grams all-purpose flour

193 grams eggs 45 grams egg yolks 15 grams vanilla extract 4 grams salt, kosher

organic cane sugar 230 grams 454 grams butter, salted, softened, cut into small chunks

Egg Wash [see sub-recipe] Blueberry Butter [see sub-recipe] Blueberry Sugar [see sub-recipe]

495 grams 60% dark chocolate, chopped into

semi-fine bits

organic ground cinnamon 8 grams

250 grams organic dried sweetened blueberries

INSTRUCTIONS

- 1. Preheat oven to 350°F.
- 2. In the bowl of the stand mixer, stir together warm milk, 4 teaspoons of sugar, and yeast. Let sit until foamy,
- 3. With the paddle attachment on the mixer, beat in 1 cup of all-purpose flour until combined.
- 4. Add the eggs, yolks, vanilla extract, salt, and remaining sugar. Beat on medium-low speed until incorporated.
- 5. Gradually add remaining flour ½ cup at a time, until a sticky dough forms.
- 6. Add butter, a handful at a time, and beat for 4-5 minutes until a shiny, stringy dough forms.
- 7. Place the dough in a well-oiled bowl and cover with a towel. Let rise in warm area of kitchen for 1½-2 hours, until dough has doubled in volume.
- 8. Turn out dough onto floured surface and roll out into two 12" x 20" rectangles.
- 9. Brush edges of dough rectangle with Egg Wash, leaving just a little for baking time.
- 10. Gently brush filling area of dough (in between eggwashed sides) generously with Blueberry Butter.

- 11. Sprinkle Blueberry Sugar liberally all over dough, saving just enough to top the individual muffins.
- 12. Spread chocolate, cinnamon, and blueberries evenly around the dough to cover the whole area.
- 13. There are many different styles of babka rolling and folding. Roll the rectangles from the bottom, tightly making a pinwheel/cinnamon roll log.
- 14. Cut the rolled log in half and then stretch slightly. Braid together 2-3 half logs, overlapping one another.
- 15. Cut newly braided log into 1" rounds and place into a buttered cupcake pan.
- 16. Cover with a towel in warm area and allow cut babka to rise again for 30-60 minutes.
- 17. Brush with remaining Egg Wash and bake for 15–25 minutes, until tops are golden brown.
- 18. When removed from oven, brush with a little melted butter and sprinkle with remaining Blueberry Sugar.

EGG WASH

INGREDIENTS

15 grams

39 grams heavy cream

INSTRUCTIONS

Whisk together egg and cream until combined.

BLUEBERRY BUTTER

INGREDIENTS

170 grams butter, salted blueberry powder

INSTRUCTIONS

- 1. Melt butter until bubbles start to form and color is slightly brown.
- 2. Remove from heat.
- 3. Whisk in blueberry powder until combined and smooth.

BLUEBERRY SUGAR

INGREDIENTS

85 grams organic cane sugar

32 grams freeze-dried blueberry powder

INSTRUCTIONS

Whisk together sugar and blueberry powder.

BLUEBERRY MAPLE PANCAKE BALLS

Yield: 14 servings

For this recipe use a 55mm cake ball maker or Danish aebleskiver pan.

BLUEBERRY PANCAKE BALLS

INGREDIENTS

750 grams buttermilk pancake mix 756 grams tap water, filtered

190 grams blueberries, dried, chopped 1/4", reduced moisture, no added sugar

EQUIPMENT

+ 55mm cake ball maker or Danish aebleskiver pan

INSTRUCTIONS

- 1. Combine ingredients in mixing bowl with paddle
- 2. Mix on low speed until incorporated (less than 1
- 3. Preheat cake ball maker to 350°F.
- 4. Fill the cavities of the cake ball maker with approximately 40 grams of batter.
- 5. Cook until the bottoms begin to pull away from the
- 6. Use pointy tools or skewers to flip each pancake upside-down in cake ball maker wells.
- 7. Cook until the balls are cooked all the way to the centers, turning occasionally on the cake ball maker wells if desired.
- 8. Cool on a parchment-lined sheet tray.

BLUEBERRY MAPLE JAM FILLING

INGREDIENTS

260 grams blueberries, IQF

45 arams maple sugar, granulated

0.2 gram clarified lemon juice concentrate (400 GPL)

0.1 gram

natural maple-type flavor (OC-03358) 0.5 gram filtered water, cold, slurry with arrowroot 14 grams

8.25 grams arrowroot starch, slurry in filtered water

INSTRUCTIONS

- 1. Combine all ingredients except flavor extract and starch slurry in a small saucepan.
- 2. Bring to a simmer while stirring.
- 3. Stir in starch slurry and flavor and return to a simmer for approximately 1 minute.
- 4. Jam will begin to thicken as the starch is gelatinized.
- 5. Remove from heat and place in a container. Cover, label, and refrigerate.

FINAL ASSEMBLY

Inject Blueberry Maple Jam Filling into the center of each pancake ball. Each pancake ball filling is approximately 1 tablespoon (or 7 grams).









BLUEBERRY LIÈGE WAFFLES



Yield: 8 servings

These Blueberry Liège Waffles are made with a special blueberry yeasted dough that is infused with blueberryflavored pearl sugar and dried blueberry, giving them a unique texture that is crispy on the outside and chewy on the inside, with lots of flavor.

INGREDIENTS

7 grams dry yeast 80 grams water, lukewarm 6.3 grams sugar, granulated salt, kosher 0.8 gram all-purpose flour 240 grams eggs, whole 168 grams

butter, unsalted, melted 240 grams

192 grams Blueberry Pearl Sugar [see sub-recipe] 14 grams dried blueberries, medium chop

powdered sugar (optional)

INSTRUCTIONS

- 1. In a bowl, mix together yeast, lukewarm water, sugar, and salt. Allow mixture to sit for 15 minutes to develop the yeast.
- 2. In a separate bowl add flour.
- 3. After 15 minutes, add the yeast mixture to the flour and also add eggs and butter.
- 4. Knead mixture until a nice dough forms.
- 5. Add the pearl sugar and dried blueberries into the dough and mix to incorporate.
- 6. Let the dough rest for 15 minutes.
- 7. While the dough is resting, turn on the waffle maker
- 8. Pour small portions of the waffle dough into the center of the hot waffle maker and make for
- 9. Use caution when removing waffles because of molten melted sugar.
- 10. Dust with powdered sugar or freeze and store for later consumption.

BLUEBERRY PEARL SUGAR

INGREDIENTS

200 grams sugar, granulated 14 grams blueberry concentrate

5 grams

INSTRUCTIONS

- 1. Mix sugar, concentrate, and water in a small saucepan.
- 2. Turn the stove on to low heat and begin stirring the mixture.
- 3. Continue stirring until clumps begin to form.
- 4. Remove pan from heat and allow to cool on a separate plate.



Yield: 11 servings

Blueberry cornbread chips with blueberry honey habanero seasoning.

SWEET HEAT BLUEBERRY CORNBREAD CRISPS

INGREDIENTS

Blueberry Cornbread Crisps 320 grams

> [see sub-recipe] sunflower oil

10 grams 13 grams Blueberry Honey Habanero Seasoning

[see sub-recipe]

INSTRUCTIONS

- 1. Spray or brush the crisps with sunflower oil.
- 2. Toss/tumble the crisps with seasoning.
- 3. Cool the crisps and then store in a labeled airtight container.

BLUEBERRY CORNBREAD CRISPS

INGREDIENTS

polenta, fine ground, grind to pastry-fine 65 grams

yellow cornmeal, fine ground, grind to 124 grams

pastry-fine setting

440 grams buttermilk, full fat cultured

butter, unsalted 27 grams

baking powder, double acting 6.6 grams

sea salt, fine

egg white, powdered 24 grams

226.8 grams water, filtered

0.75 gram blueberry flavor emulsion, dispersed

blueberries, freeze-dried 1/4" 28 grams

blueberry powder 36 grams

INSTRUCTIONS

- 1. Cook polenta, cornmeal, buttermilk, and butter in a saucepan over medium heat until it comes to a simmer. Turn heat to low and cook for 5 minutes or until the mixture thickens.
- 2. Cool to room temperature. Add dry ingredients and mix with a spoon or paddle.
- 3. Add water and flavor emulsion and continue mixing with spoon or paddle.
- 4. Spread/pour batter out to fill a half sheet pan that has been lined with parchment or Silpat.

- 5. Scatter dried blueberries over the top of the batter evenly.
- 6. Preheat convection oven to 350°F.
- 7. Bake for 5 minutes. Turn oven temperature down to 250°F.
- 8. Bake for 20 minutes. Remove from oven. Cool. cover, and refrigerate overnight.
- 9. Cut chip shapes with a rotary tool or a sharp knife.
- 10. Preheat convection oven to 225°F.
- 11. Bake for 4 hours, rotating the pan four times or every 30 minutes.
- 12. Remove from oven and sprinkle with additional blueberry powder. Cool to room temperature. Place in an airtight package, label, and store at room temperature.

BLUEBERRY HONEY HABANERO SEASONING

INGREDIENTS

3 grams

blueberry powder 5 grams 0.5 gram habanero powder 0.3 gram vinegar powder salt, flour 1 gram 3 grams cane sugar 0.2 gram tomato extract 0.03 gram natural blueberry-type flavor powder

honey powder

(OC-08679)

INSTRUCTIONS

Blend ingredients. Store in a labeled airtight container.



32 31

>>> RECIPES





BLUEBERRY BLACK GARLIC STEAK SAUCE

Yield: 9 cups

A dark and rich steak sauce consisting of blueberry juice concentrate, black garlic, dried mango, white and rice vinegar, tomato paste, and roasted red pepper.

INGREDIENTS

200 grams brown sugar120 grams tomato paste

180 grams dried mango, minced140 grams Worcestershire sauce (Asian)

320 grams water

108 grams red bell pepper, roasted

100 grams dark soy

120 grams black garlic purée

112 grams avocado oil 8 grams salt

100 grams rice vinegar 100 grams white vinegar

8 grams red chili pepper flakes
680 grams Blueberry Juice Concentrate

[see sub-recipe]

INSTRUCTIONS

- 1. Place all of the ingredients except the Blueberry Juice Concentrate directly into blender cup and combine to full purée, making certain that the mango is completely pulverized. While the mango will continue to soften over time, do not leave discernible inclusions at this phase.
- Bring to a bare simmer and cook over very low heat for 10 minutes. Add hot Blueberry Juice Concentrate, remove from heat, and cool rapidly or hot fill into sanitized glass jars.

BLUEBERRY JUICE CONCENTRATE

INGREDIENTS

1300 grams 100% blueberry juice, unsweetened

INSTRUCTIONS

Place juice in a nonreactive saucepan and reduce by half over medium heat. Use immediately or cool rapidly and store refrigerated.



Yield: 18 servings

Rich, toasty, faintly spicy salsa featuring unsweetened dried blueberries to add brightness and color.

BLUEBERRY SALSA MACHA

INGREDIENTS

600 arams avocado oil garlic, whole cloves 114 grams 112 grams ancho chiles, dried, stems and seeds removed, ½" chop morita chiles, dried, stems 6 grams and seeds removed, ½" chop chiles de árbol, dried, stems 1 gram and seeds removed, ½" chop 60 grams guajillo chiles, dried, stems and seeds removed, ½" chop 36 grams sesame seeds, white

60 grams pepitas, raw

128 grams peanuts, roasted and salted64 grams apple cider vinegar48 grams dark brown sugar

70 grams water
6 grams salt, kosher
240 grams blueberries, dried

INSTRUCTIONS

- Heat the oil over medium-low in a heavy-bottomed saucepan to 210°F. Add the garlic to the oil and cook over very low, stirring often until lightly golden brown, about 10 minutes. Maintain the oil temperature at 210°F throughout the preparation to avoid scorching any ingredients, which will yield a bitter flavor.
- 2. Add all of the chiles, sesame seeds, and pepitas and fry very lightly, stirring often, until the chiles are very slightly puffed all over, about 2 minutes.
- Add the peanuts and fry for 1 minute or until very lightly browned. Mix in a small bowl the vinegar, sugar, water, and salt, and add to the mix, allowing the vinegar to partially evaporate, about 1 minute.
- 4. Turn off the heat and allow the entire mixture to cool in the pan, about 15 minutes, stirring occasionally to combine.
- 5. Once cooled, transfer the mixture to a container that is taller than it is wide. Pulse gently with an immersion blender until the nuts and chiles are moderately to finely chopped, stopping before any ingredient starts to become a paste. Add the dried blueberries, pour into jars, and use immediately or keep refrigerated for up to 1 month.

+ BLUEBERRY RELISH +

Yield: 32 servings

Bread and butter—with a touch of heat—pickle preparation with whole and crushed blueberries, for a salty sweet addition to bratwurst, hot dogs, and burgers.

INGREDIENTS

1400 grams cucumbers, peeled, seeded, and diced 400 grams white onion, chopped 112 grams jalapeño peppers, brunoise 400 grams red bell pepper, chopped 50 grams salt, kosher 2000 grams cider vineaar sugar, granulated 1840 grams 56 grams garlic, finely chopped 30 grams mustard seed 20 grams celery seed 2 grams turmeric 2 grams red chili pepper flakes

INSTRUCTIONS

400 grams

1. In a large glass or plastic bowl, mix the cucumbers, onion, and peppers; toss to combine well.

blueberries, IQF, slacked and drained

- 2. Add salt, stir, cover, and refrigerate; let stand 6 hours or overnight, stirring occasionally. Drain well, but do not rinse.
- 3. In a large pot, combine the vinegar, sugar, garlic, mustard seed, celery seed, and turmeric. Bring to a boil, stirring regularly until sugar is dissolved.
- 4. Add the drained vegetables and red pepper flakes, return to a boil, reduce to medium, and simmer for 30 minutes.
- 5. Drain, reserving the syrup for future use, and add drained blueberries.
- Use a slotted spoon to transfer relish into sterilized jars and top off with syrup. Seal, refrigerate, or process for canning.













BLUEBERRY AVIATION

Yield: 3 servings

A light cocktail made with gin, blueberry liqueur, blueberry syrup, crème de violette, and lemon juice. Part of canned (RTD) lineup.

INGREDIENTS

112 grams Bombay Sapphire gin Drillaud blueberry liqueur 28 grams crème de violette 14 grams

22 grams lemon juice, freshly squeezed organic bergamot juice 22 grams blueberry concentrate 20 grams

Toschi blueberries Garnish 1 each lemon twist

INSTRUCTIONS

- 1. Combine gin, blueberry liqueur, crème de violette, lemon juice, bergamot juice, and blueberry concentrate in cocktail shaker that is filled with ice.
- 2. Shake well and strain into Nick and Nora (or coupe) garnished with a lemon twist and Toschi candied blueberry.

BLUEBERRY CITRUS SANGRIA

Yield: 3 servings

Tangy lemon and cool blueberry paired with the subtle effervescence of prosecco creates a refreshing and unique summertime sangria.

INGREDIENTS

180 grams water

prosecco (11% ABV) 152 grams

white grape juice (single strength) 12 grams blueberry juice concentrate 4 grams

cane sugar, granulated (1:1 simple syrup is 4 grams

recommended)

2 grams orange juice concentrate

lemon juice concentrate 400 GPL 5 grams

0.2 gram blueberry flavor 0.15 gram lemon extract

INSTRUCTIONS

- 1. Combine all ingredients into a large tank to mix.
- 2. Put the mixture through the carbonation apparatus and fill cans directly.
- Pasteurize at 160°F for 10 minutes.

BLUEBERRY HARD CIDER

Yield: 53 servings

A tart and invigorating blend of hard apple cider and fermented blueberry juice with a hint of warm spice. This elevated approach to flavored cider makes for an adult beverage with year-round appeal.

EQUIPMENT

- + 5-gallon kea
- + 5-pound tank CO2 with regulator
- + Hoses and fittings for small-scale beer carbonation
- + Refrigerator with space for a 5-gallon keg
- + 5-gallon bucket
- + Blichmann QuickCarb beer carbonator

INGREDIENTS

0.4 gallon Lacto Fermented Blueberry Juice

Please go to:

foodprofessionals.blueberry.org/recipes/ lacto-fermented-blueberry-hard-cider for the sub-recipe and fermenting

instructions

4.28 gallons dry cider 6% ABV, non-carbonated,

pre-pasteurized or sulfite-treated

0.07 gallon apple juice concentrate 70 Brix, slacked for 24 hours under refrigeration

2½ volumes carbon dioxide (CO2)

INSTRUCTIONS

- 1. Sanitize all the vessels, hoses, and fittings using quaternary ammonia or another commercial sanitizer such as Star San.
- 2. Add the Lacto Fermented Blueberry Juice, the dry cider, and the apple juice concentrate to the 5-gallon bucket and stir to combine.
- 3. Purge the 5-gallon keg of oxygen with the CO2 tank and then decant the blueberry cider mixture into the keg. Set the keg's airlock and refrigerate it to bring the liquid to 39°F.
- 4. Set the regulator to the CO2 tank to 12 psi (pounds per square inch). Attach the tank to the Blichmann QuickCarb and the QuickCarb to the keg. Start the QuickCarb and run for 1-2 hours, or until 21/2 volumes of CO2 have been dissolved.
- 5. Tap the cider directly from the keg or fill into cans or bottles for post-processing. Store refrigerated for up to 6 months.

BLUEBERRY TONIC SMASH

Yield: 2 servings

INGREDIENTS

Blueberry Tarragon Tonic (NSA) 168 grams

[see sub-recipe]

60 grams ice

58 grams vodka (optional)

28 grams fresh blueberries, lightly muddled

1 each lemon twist

INSTRUCTIONS

- 1. Pour all ingredients over ice and stir gently to combine.
- 2. Garnish with lemon twist.

BLUEBERRY TARRAGON TONIC (NSA)

Yield: 1 6-ounce serving

INGREDIENTS

27 grams tonic water, carbonated club soda, carbonated 29 grams

3 grams lime juice

Tarragon NSA Simple Syrup 4.55 grams

[see sub-recipe]

1.85 grams blueberry juice concentrate

0.02 gram Angostura bitters

INSTRUCTIONS

- 1. Combine ingredients.
- 2. Package in PET bottle. Apply pressure to carbonate to 15 psi (pounds per square inch).

TARRAGON NSA SIMPLE SYRUP

Yield: 1 6-ounce serving

INGREDIENTS

6.22 grams tarragon leaf, fresh tap water, filtered 1340.20 grams

agave inulin/stevia powder 18 grams

0.04 gram monkfruit extract

sea salt 0.20 gram 0.74 gram gum acacia 14 grams lemon juice, fresh lemon zest, fresh 6.22 grams

xanthan gum natural flavor, gin booster-type 1 gram

(OC-05717)

INSTRUCTIONS

0.35 gram

- 1. Blend all ingredients.
- 2. Heat to 185°F in a saucepan.
- 3. Remove from heat; cover. Hold 10 minutes.
- 4. Strain, pack, label, and refrigerate.

BLUESPRESSO

Yield: 1 serving

Ground dried blueberries and coffee together create an antioxidant powerhouse brew. It could be presented in various formats—bagged ground, cold-brewed, in a K-Cup or Nespresso pod, individual instant sachets (like Starbucks Via instant coffee), or RTD canned à la La Colombe.

INGREDIENTS

3 grams instant coffee 6 grams blueberry powder 3 grams sugar

INSTRUCTIONS

- 1. Weigh out ingredients.
- 2. Mix together and add to a cup.
- 3. Add 8 ounces of hot water and stir.

35 36



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foodprofessionals. blueberry.org





