



Seasonal, Healthy, and Tasty for  
Chimacum Corner Farmstand

## July 2015: Bountiful Blueberries!

### Blueberry-Bourbon Barbecue Sauce

- 1 tablespoon canola oil
- 1 small red onion, chopped
- 4 cloves garlic, chopped
- 1-2 jalapenos, seeded and chopped
- 1/2 cup bourbon
- 2 cups fresh or frozen (not thawed) blueberries
- 1/2 cup ketchup
- 1/3 cup cider vinegar
- 2 tablespoons brown sugar
- 1 tablespoon molasses
- 1/8 teaspoon ground allspice

Heat oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, until tender and just starting to brown, 2 to 4 minutes. Add garlic and jalapeno and cook, stirring, until fragrant, about 30 seconds. Add bourbon, increase heat to high and bring to a boil; cook until most of the liquid has evaporated, about 5 minutes. Stir in blueberries, ketchup, vinegar, brown sugar, molasses and allspice; return to a boil. Reduce the heat and simmer, stirring occasionally, until thickened, about 20 minutes.

If you prefer a smooth sauce, puree in the processor.

*Makes 2 cups*

### Grilled Corn and Barley Salad with Blueberries and Goat Cheese

#### Salad

- 1 cup pearl barley (uncooked)
- 2 ears of corn on the cob, husks removed (1-1/2 cups kernels)
- 1 cup blueberries
- 1/2 cup sliced almonds
- 1/4 cup minced red onion
- 1 – 4 oz. Package goat cheese, crumbled
- 1/4 cup chopped parsley

#### Vinaigrette

- 1/4 cup white wine vinegar
- 1/4 cup olive oil
- 2 tablespoons honey
- 1/2 teaspoon Dijon mustard
- Salt and pepper to taste

Cook barley according to package directions. Allow to cool completely.

To cook the corn heat the barbecue over medium-high heat. Spray lightly with oil.

Grill the corn, turning every 5 or so minutes, for a total time of around 25 minutes.

You can also steam or boil the corn. Frozen corn, thawed also works well.

Allow to cool, and then cut the kernels from the corn.

To prepare the salad combine barley, cooked corn, blueberries, almonds, red onion, goat cheese, and parsley in a large bowl.

Shake together all vinaigrette ingredients, and toss the salad in the vinaigrette.

*Makes 4 to 6 Servings*



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### Blueberry, Ricotta and Lemon Pancakes

- 1 cup all-purpose flour
- 1/4 cup sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup ricotta cheese (*recipe for homemade ricotta follows*)
- 2 large eggs, separated
- 1/2 cup milk, whole or low fat
- 2 teaspoons grated lemon zest
- 1 teaspoon vanilla extract
- 1 1/2 cups blueberries plus more for garnish (optional)
- Blueberry Maple Syrup (*recipe follows*)

Preheat oven to 200°F.

Whisk flour, sugar, baking powder and salt in a medium bowl until well combined. Set aside. In a separate large bowl, whisk together ricotta, egg yolks, milk, lemon zest and vanilla. Stir flour mixture into egg mixture just until combined.

Beat egg whites with an electric mixer at high speed until soft peaks form. Gently fold beaten egg whites into pancake mixture just until blended.

Lightly grease a large nonstick griddle or skillet over medium heat. Pour heaping 1/4 cup batter onto griddle and spread to make about 4-inch pancake. Drop about 10 blueberries onto each pancake. Cook 3 minutes, or until edges are dry and bottom is golden. Flip pancake and cook 2 to 3 minutes longer or until lightly golden on both sides. Adjust heat as needed to prevent burning. Place pancakes on a heatproof platter and keep warm in oven. Repeat with remaining batter and blueberries. Garnish with additional blueberries.

Serve with Blueberry Maple Syrup.

*Makes 4 Servings*

### Blueberry Maple Syrup

- 2 cups fresh blueberries
- 1 cup pure maple syrup (grade B)
- 2 tablespoons sugar
- 1 stick cinnamon
- 1 strip lemon zest

In a medium saucepan add blueberries, maple syrup, sugar, cinnamon stick, and lemon zest. Bring to a simmer over low heat, and cook for about 15 minutes. Remove from the heat and chill overnight. Strain; serve warm or at room temperature.

### Homemade Ricotta Cheese

- 2 quarts whole milk
- 1 cup heavy cream
- 1/2 teaspoon salt
- 2 tablespoons lemon juice

Line a large strainer with a layer of cheesecloth and place it over a large bowl.

Slowly bring the milk, cream and the salt to a rolling boil in a 6-quart heavy pot over moderate heat, stirring occasionally to prevent scorching. Add lemon juice. Reduce heat to low and simmer, stirring constantly, until mixture curdles, about 2 minutes. Turn off heat and let sit 2 or 3 minutes.

Remove the curds to the lined strainer with a slotted spoon and let drain for 30 minutes to 1 hour, depending on how soft you like it. After discarding the liquid, chill the ricotta, covered.

It will keep in the refrigerator, covered, for 2 days.

*Makes about 2 cups*