



## BLUEBERRY BALSAMIC VINEGAR & BLUEBERRY VINAIGRETTE DRESSING

These recipes are from the U.S. Highbush Blueberry Council ([www.blueberrycouncil.org](http://www.blueberrycouncil.org)). Who would be a better expert on how to use blueberries?

### **Blueberry Balsamic Vinegar Ingredients**

4 cups fresh or frozen blueberries

1 quart white balsamic vinegar

¼ cup sugar

Zest from 1 lime, green part only, in strips

1 (3-inch) cinnamon stick (optional)

1. In a large non-reactive saucepan with a potato masher or the back of a large spoon, crush blueberries
2. Add vinegar, sugar, lime zest and cinnamon
3. Bring to a boil
4. Reduce heat and simmer, covered, 20 minutes
5. Cool slightly
6. Pour into a large bowl (or if you have canning jars you can use those with plastic wrap over the top secured with a rubber band)
7. Cover and refrigerate for 2 days to allow flavors to blend
8. Place a strainer over a large bowl
9. In batches, ladle blueberry mixture into strainer
10. With a large spoon, press out as much liquid as possible
11. Discard solids
12. Pour vinegar into clean glass bottles or jars. Make sure lids are non-reactive (metal tops such as canning jar lids, will not work). I had an empty wine bottle with the cork. I cleaned the wine bottle with hot water and then used the empty wine bottle with cork to store my vinegar in. It fit perfectly in the refrigerator without taking up a lot of space.
13. Refrigerate, tightly covered, until ready to use
14. Use in a favorite salad dressing recipe, can be used with meats or on salads



Number of servings (yield): about 5 ½ cups. Recipe can easily be adjusted for smaller servings.

### **Blueberry Vinaigrette Ingredients**

1/4 cup olive oil  
3 tablespoons Blueberry Balsamic Vinegar  
1/2 teaspoon salt  
1/8 teaspoon ground black pepper

1. In a cup, combine olive oil, Blueberry Balsamic Vinegar, salt and pepper
2. Serve on salad greens tossed with fresh or dried blueberries

