

## **BLUEBERRY BALSAMIC VINEGAR &** BLUEBERRY VINAIGRETTE DRESSING

These recipes are from the U.S. Highbush Blueberry Council (<a href="www.blueberrycouncil.org">www.blueberrycouncil.org</a>). 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

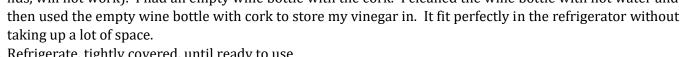
¼ cup sugar

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 taking up a lot of space.
- 14. Use in a favorite salad dressing recipe, can be used with meats or on salads

lids, will not work). I had an empty wine bottle with the cork. I cleaned the wine bottle with hot water and 13. Refrigerate, tightly covered, until ready to use





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

## **Blueberry Vinaigrette Ingredients**

1/4 cup olive oil3 tablespoons Blueberry Balsamic Vinegar1/2 teaspoon salt1/8 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



