

Spring/Summer 2010

Contact: Marcy Erhard
Lewis & Neale
Phone: 646-218-6002
marcy@lewis-neale.com

CHILLIN' AND GRILLIN': BLUEBERRIES ADD THE SPARK

With the lazy days of summer, we enjoy long, relaxed evenings with family and friends. These days, many of us are cooking and entertaining at home, and backyard cookouts can be both economical and fun when we use favorite ingredients in interesting new ways.

Fortunately, summer brings an abundance of fresh juicy blueberries. You can find fresh blueberries easily in supermarkets, super-stores, roadside stands and farmers markets throughout the summer. And, when you use blueberries in unexpected ways, they become that exciting ingredient in your recipes that make your meals memorable.

When you cook out for family or friends, pork chops are always a tasty, thrifty option. With **Teriyaki Pork Chops with Spicy Blueberry Relish** most of the work is done long before mealtime so you have more time to enjoy yourself. When you take the meat off the grill onto serving plates, top each chop with some of the mildly spicy relish. You'll see how the savory flavors of the meat contrast perfectly with the sweet-spiciness of the relish. Keep the blueberry relish recipe handy and use it again when you grill pork tenderloin, salmon or chicken, using the same marinade recipe.

-more-

While the chops are on the grill, pass around tall cold glasses of **Blueberry Mojitos**! The combination of fresh mint and fresh blueberries makes a super-refreshing summer beverage. If you prefer, you can make virgin mojitos by topping off the glasses with lemonade or club soda instead of rum.

For dessert, juicy blueberries star again in **Lemony Blueberry Tart**. Another make-ahead recipe, this beautiful tart is quick to make with only four ingredients yet delivers full-throttle lemony goodness in a creamy filling that's topped with fresh blueberries. The flavors and textures combine for a really satisfying end to any meal.

Blueberries are available every day of the year. In North America, the blueberry harvest begins in April in the Southern states and moves north to Canada, extending through late September. In the winter and early spring, blueberries are imported from South America. Frozen and dried blueberries, and blueberry juice are always in good supply.

The USDA recommends adults eat two cups of fruit a day – all year round. Blueberries can help you fulfill that recommendation. A one-cup serving of blueberries has just 80 calories and is a good source of dietary fiber, vitamin C and manganese. They also contain antioxidants thought to help reduce the risk of chronic diseases. *

You can find many more blueberry recipes, nutrition, history and other information at www.blueberrycouncil.org.

* Wu, X. et al. *J Food Composition and Analysis* 2004, 17: 407-422.

-more-

Teriyaki Pork Chops with Spicy Blueberry Relish



- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons dry sherry or apple juice
- 2 cloves garlic, crushed
- 1 teaspoon brown sugar
- 1/4 teaspoon crushed red pepper
- 4 bone-in center-cut pork chops* (about 1-3/4 pounds),
trimmed of fat
- 1 cup fresh blueberries, coarsely chopped
- 1 shallot, chopped
- 1 serrano chile, seeded and minced
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon lime juice
- 1/4 teaspoon salt

In a small bowl, whisk soy sauce, sherry, garlic, brown sugar and crushed red pepper; pour into large sealable plastic bag; add pork chops, seal, turn to coat. Refrigerate and marinate at least 2 hours or overnight. About 20 minutes before grilling pork, in a medium non-reactive bowl, stir blueberries, shallot, chile, cilantro, lime juice and salt. Set aside. Heat grill to high. Remove pork chops from marinade; pat dry (discard marinade). Grill chops 3 to 5 minutes per side; let rest 5 minutes before serving with relish.

Yield: 4 portions

Per portion: 229 calories; 30 g protein; 7 g carbohydrates; 8 g total fat; 3 g saturated fat; 81 mg cholesterol; 273 mg sodium; 1 g fiber

-more-

* To substitute other proteins:

- Pork tenderloin: marinate at least 2 hours or overnight; grill 14 to 16 minutes, turning occasionally, to 145°F internal temperature.
- Salmon steaks or fillet: marinate 30 minutes; grill three to five minutes per side.
- Boneless chicken breast: marinate at least 2 hours or overnight; grill 6 to 8 minutes per side, to 165°F internal temperature.

-more-

Recipe and photo courtesy of Eating Well Magazine

Blueberry Mojito



- 1 cup fresh mint leaves
- 1 tablespoon fresh lime juice
- 1 teaspoon sugar
- 4 tablespoons blueberries, fresh or frozen, divided
- 1/2 to 3/4 cup lemonade
- splash of club soda
- 1 ounce light rum
- 1/2 ounce dark rum
- Mint sprig and lime slice, for garnish

In a tall 16-ounce glass, add mint leaves, lime juice and sugar; mash the ingredients with the back of a spoon or a "muddler" until fragrant. Add 2 tablespoons of the blueberries and mash until juicy. Fill the glass three-quarters with ice. Add lemonade until the glass is two-thirds full. Add splash of soda, light rum and remaining blueberries; stir. Slowly pour dark rum into the drink so it floats on top. Garnish with a sprig of mint and slice of lime; serve immediately.

YIELD: 1 portion

Per portion: 280 calories; 3 g protein; 40g carbohydrates; 0.8 g total fat; 0 g saturated fat; 0 mg cholesterol; 43 g sodium; 7 g fiber

-more-

Lemony Blueberry Tart



- 1 (9-inch) frozen piecrust, thawed, or 1 (9-inch) purchased graham cracker crust
- 1 container (8-ounce) or 1 cup mascarpone cheese or 1 package (8-ounce) cream cheese, softened
- 5 tablespoons lemon curd*, divided
- 2 cups fresh blueberries

If using frozen piecrust, preheat oven to 375°F. Press piecrust into 9-inch tart pan with removable bottom, or leave in original aluminum pie tin. With tines of a fork, pierce bottom and sides. Bake until lightly browned, about 10 minutes; refrigerate until cool, about 10 minutes. In small bowl, stir together cheese and 3 tablespoons of the lemon curd until smooth. (If mixture is too thick to spread, add a small amount of milk.) Spread mixture in bottom of cooled tart shell or graham cracker crust. In medium-size bowl, gently stir blueberries and remaining 2 tablespoons lemon curd until thoroughly combined. Spoon blueberries evenly over mascarpone layer. Cover and chill 2 hours. To serve, remove the sides of the tart pan if used; cut into wedges.

YIELD: 8 portions

* Lemon curd can be found in the jam and jelly section of the supermarket.

Per portion: 258 calories; 3 g protein; 22 g carbohydrate; 19 g total fat; 9 g saturated fat; 36 mg cholesterol; 131 mg sodium; 1 g fiber

###

Recipe developed by Lewis & Neale for the US Highbush Blueberry Council