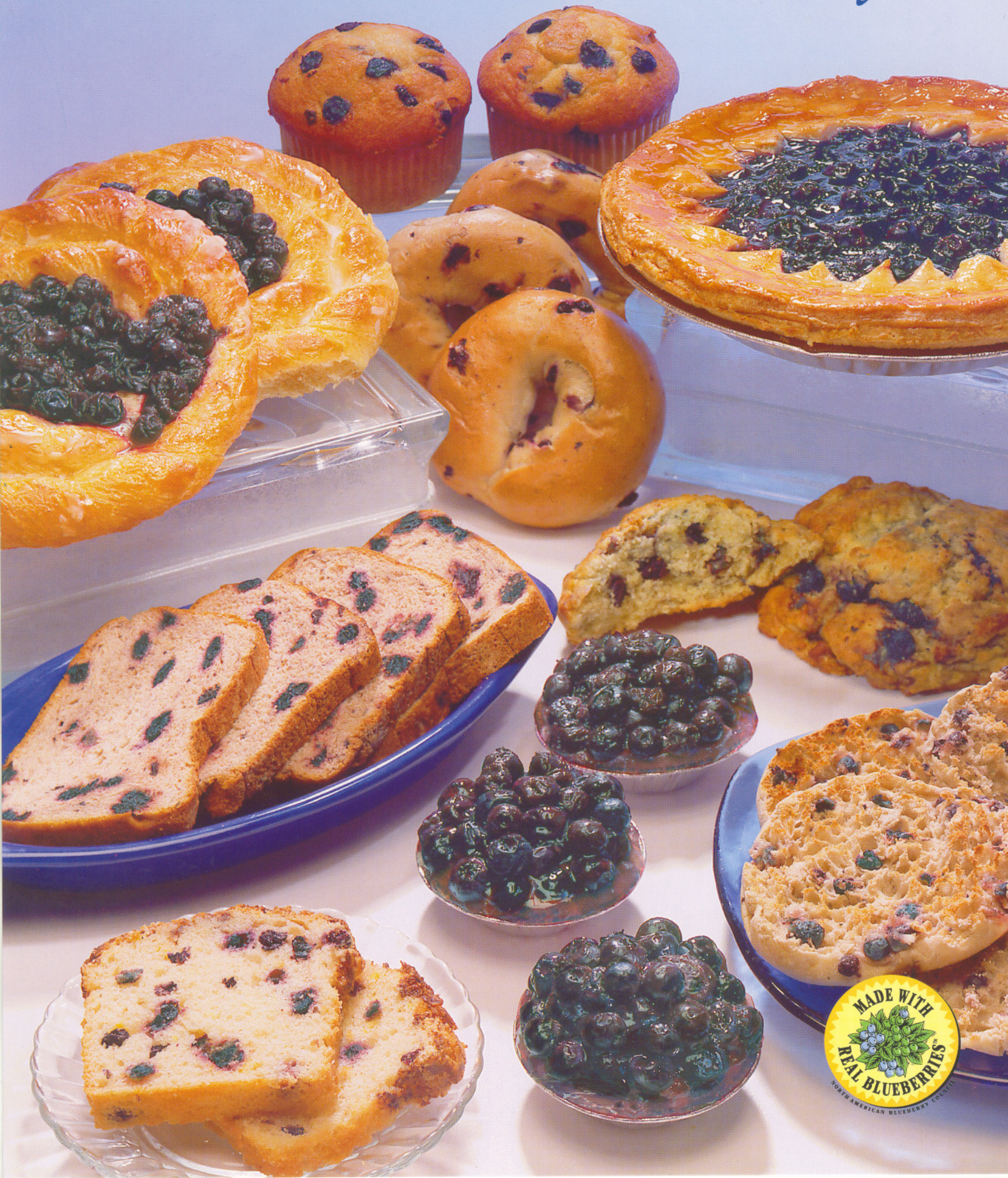


Blueberries in Baking



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Blueberry pies were just the beginning. Throughout North American history, the blueberry has been a staple with bakeries, large and small. Fresh blueberries or frozen, make scrumptious toppings. Sweetened blueberries are an excellent filling in pies, cakes, pasteries and tarts. Now, new blueberry products allow bakers to use blueberries in a variety of ways. Dehydrated blueberries are used in upscale cookies and bagels. High tech blueberry powders and other products work well in rice cakes and bar cookies.

1 Blueberry Fillings

The rich color and sweetness of blueberries are an advantage in pie and pastry fillings. Try blueberry filling in croissants, puff pastry, and strudel. Add a hint of lemon juice or a touch of vanilla. Blueberries are also used in toaster pastries and filled doughnuts.

☐ <http://www.blueberry.org/bakers.html> -- Learn how to make your own blueberry fillings.

2 Decorative Blueberries

European-style pastry chefs have long used the fresh blueberry as a topping on fancy cakes, pastries, and tarts. Fresh blueberries are available almost year round. Use frozen berries to show off the fruit in products.

☐ <http://www.blueberry.org/members.html> - Locate a variety of blueberry products from suppliers.

3 Baking Mixes

Blueberries are popular in several forms of baking mixes. Fruit packets are found in muffin, cake, and pancake mixes, as well as, pie and dessert fillings. Dried blueberries work well in bread mixes, providing variety, texture and flavor. The sweetness of blueberries liven up variety breads.

☐ <http://www.blueberry.org/products.html> -- For more on dehydrated blueberries in food processing.

Blueberry Tips

- Bakers should ask for fillings with substantial amounts of blueberry, so the fruit is visible.
- Dehydrated blueberries, diced or whole, are ideal in mixes and other dried products.
- Use frozen IQF blueberries straight from the box, no need to thaw!
- Dehydrated blueberries can be re-conditioned by placing briefly in warm water, for a moist and juicy berry.
- Blueberries bring out a sweet richness to baked goods, but it's important to know how to handle blueberries. To prevent blue batters in pancakes, muffins, or scones, coat blueberries with flour or starch to soak up excess juices. If frozen, fold blueberries into the batter. Avoid over mixing and bake immediately. Adding while still frozen will result in less breakage.

North American Blueberry Council

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For more information on cultivated blueberries and suppliers call the Blueberry Tech-Line: 1-800-824-6395 or visit the Blueberry Web Page: <http://www.blueberry.org> or <http://www.webcom.com/bberrry>

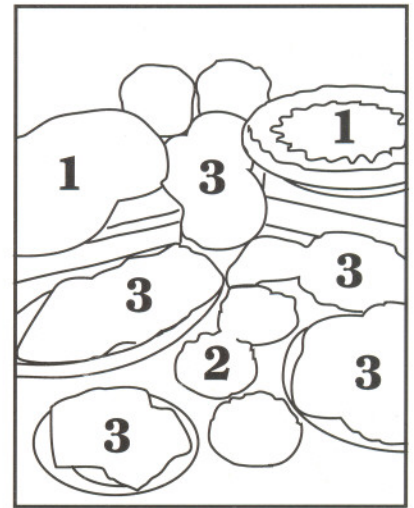


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