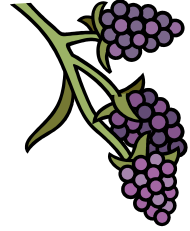




# BLACKBERRY RECIPES



## Blackberry Sauce

1 16-ounce bag  
frozen unsweetened  
blackberries, thawed  
or 2 cups fresh  
3/4 cup sugar or  
honey crystals or 1/3  
cup honey  
2 tablespoons fresh  
lemon juice

Great sauce for vanilla ice cream.  
Puree all ingredients in processor. Strain into medium bowl,  
pressing on solids to extract as much liquid as possible. Cover and  
refrigerate until cold. (Can be made 2 days ahead. Keep  
refrigerated.)  
Makes about 2 cups.

## Blackberry Upside-Down Cake

2 1/2 cups fresh  
blackberries (12 oz)  
1/2 cup plus 1 1/2  
tablespoons sugar  
(honey crystals)  
1 cup whole wheat  
flour  
1/2 teaspoon baking  
soda  
1/4 teaspoon salt  
1/2 stick (1/4 cup)  
unsalted butter,  
softened  
1 large egg  
1 teaspoon vanilla  
1/2 cup well-shaken  
buttermilk  
Accompaniment:  
vanilla ice cream

Active time: 15 min Start to finish: 45 min  
Special equipment: parchment paper  
Preheat oven to 400°F.  
Line bottom of a buttered 8- by 2-inch round cake pan with 2  
rounds of parchment paper, then butter parchment. Dust pan with  
some flour, knocking out excess.  
Arrange blackberries in 1 layer in cake pan. Sprinkle berries with  
1 1/2 tablespoons honey crystals and shake pan to help distribute  
crystals.  
Whisk together 1 cup flour, baking soda, and salt in a bowl. Beat  
together butter and remaining 1/2 cup sugar in a large bowl with an  
electric mixer at high speed until light and fluffy, about 2 minutes.  
Add egg and vanilla and mix at low speed until just incorporated.  
Alternately add flour mixture and buttermilk in 3 batches, mixing at  
low speed until just incorporated.  
Spoon batter evenly over berries, smoothing top, and bake in  
middle of oven until top is golden and a tester comes out clean, 30  
to 35 minutes.  
Run a thin knife around edge of pan, then invert a large plate over  
pan and, using pot holders to hold plate and pan together tightly,  
flip cake onto plate. Peel off parchment and serve cake with ice  
cream.  
Makes 6 servings.

## Blackberry Slump

4 cups fresh blackberries (1 1/2 lb)  
1 cup honey crystals  
1 cup wheat flour  
1 1/2 teaspoons baking powder  
1/4 teaspoon salt  
3/4 cup almond milk  
2 tablespoons unsalted butter, melted  
Accompaniment: vanilla ice cream

Active time: 10 min Start to finish: 1 1/4 hr  
Preheat oven to 375°F.  
Put berries in an ungreased 5- to 6-cup gratin dish or deep-dish glass or ceramic pie plate and sprinkle evenly with 3/4 cup honey crystals.  
Sift together flour, baking powder, salt, and remaining 1/4 cup honey crystals into a bowl. Add milk and butter and whisk until smooth, then pour over berries (don't worry if berries are not completely covered).  
Bake slump in middle of oven until top is golden, 40 to 45 minutes. Transfer to a rack and cool 20 minutes. Serve warm.  
Makes 4 to 6 servings.

### Blackberry Sorbet

1 1/4 cups honey crystals  
1 cup water  
1 1/2 pounds frozen unsweetened blackberries, thawed, juices reserved  
2 tablespoons fresh lemon juice  
1/2 small watermelon  
16 fresh blackberries

Berries are cultivated near the small colonial town of Valle de Bravo, outside Mexico City. Sorbets and ice creams are enormously popular throughout Mexico.  
Stir honey crystals and 1 cup water in small saucepan. Bring to boil over high heat, stirring until honey crystals dissolves. Boil 1 minute. Transfer syrup to large bowl. Chill until syrup is cold, about 3 hours. Working in batches, puree blackberries with juices and cold syrup in blender until smooth. Strain into another large bowl; discard seeds. Stir in lemon juice.  
Process berry mixture in ice cream maker according to manufacturer's instructions. Transfer sorbet to container; cover and freeze until firm, about 6 hours. (Can be made 1 week ahead. Keep frozen.)  
Using large spoon, scoop out flesh from watermelon, leaving rind intact and forming bowl (reserve melon for another use or serve alongside sorbet, if desired). Drain excess juice from watermelon bowl. Cover and chill watermelon bowl until cold.  
Scoop sorbet into watermelon bowl. Garnish with fresh blackberries.  
Makes 8 servings.

### Blackberry Flummery

1 quart Blackberries  
1/2 cup hot water  
3 tbs cold water  
Dash of salt  
Dash of cinnamon  
2 tbs cornstarch  
1 - 1 1/2 cups honey crystals (adjust to taste)

Wash and pick over berries, discarding any imperfect ones. Combine berries, water, honey crystals, salt and cinnamon in a saucepan. Bring to a boil, stirring well. Reduce heat an simmer gently about 5 to 8 minutes. Add 3 tablespoons cold water to cornstarch to make a smooth paste. Blend into hot cooking berries. Stir constantly until berries are slightly thick and translucent in color, about 2 to 3 minutes. Serve cold with milk for breakfast or with whipped cream for dessert.



## Blackberry Yummies

A perfect treat for summertime or in the winter with frozen blackberries. My preschool/elementary school kids want this for their birthday treat! If you don't have mace on hand, go ahead and use nutmeg. Makes 1 - 8x8 inch pan (16 servings).

3 tablespoons butter  
1 cup honey crystals  
1 egg  
1 1/2 cups sifted pastry flour  
1/2 teaspoon salt  
1 teaspoon baking soda  
1/2 tablespoon ground cinnamon  
1 pinch ground mace  
2 tablespoons white wine vinegar  
1/3 cup apple juice  
1 1/4 cups fresh blackberries

### Directions

Preheat oven to 325 degrees C (165 degrees C). Lightly grease one 8x8 inch baking pan.

In large bowl beat the butter and honey crystals together until light and fluffy. Add the egg and beat well.

Combine the flour, salt, baking soda, cinnamon and mace or nutmeg. Add the flour mixture to the butter mixture and stir to combine. Mix in the vinegar and juice. Fold in the blackberries.

Pour batter into the prepared pan and bake at 325 degrees F (165 degrees C) for 35 to 40 minutes. Let cool in pan and cut into squares.

## Tips for Selection and Care of Blackberries

Pick only ripe blackberries; these are black all over with no red drupelets. A gentle tug will release the blackberry from the stem. Handle blackberries gently; they are fragile.

Blackberries will keep in the refrigerator for about two (2) days if they are unwashed and stored in an uncovered container. To freeze blackberries, simply put them unwashed in freezer containers, seal, and place in freezer.