

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments, and/or family recipes that you would like to share with us are addressed in email to [foods@portlandobserver.com](mailto:foods@portlandobserver.com)

# FOOD

## Using Berries as the Basis for Desserts

Berries are one of the things that set summer apart from other seasons. Bushes and vines in the countryside are heavy with blueberries, raspberries and blackberries, while in produce markets and supermarkets baskets of berries are banked on display.



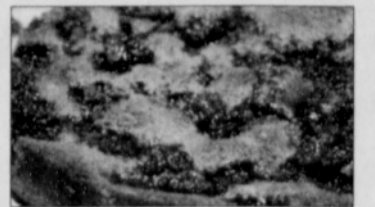
## Blackberry Snack Cake Recipe

### Ingredients:

- 4 tablespoons butter
- 3/4 cup flour
- 3/4 cup granulated sugar
- 1 1/2 teaspoons baking powder
- dash salt
- 1/2 cup evaporated milk
- 2 cups fresh blackberries
- 2 tablespoons brown sugar

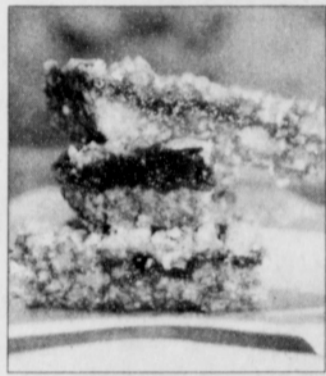
### Preparation:

1. Preheat oven to 325°. Melt butter in an 8-inch square baking dish in the preheated oven.
2. Combine flour, sugar, baking powder, salt, and milk in a small bowl and beat until smooth. Pour batter over the melted butter, top with the blackberries, then sprinkle the brown sugar evenly over the fruit.
3. Bake for 45 to 55 minutes, or until browned.



## Blackberry Bars

Blackberry bars, made with fresh blackberry recipes, butter, brown sugar, sour cream, and spices.



### Ingredients:

- 1 cup all-purpose flour
- 3/4 cup brown sugar, packed
- 1/4 cup butter
- 1/2 cup sour cream
- 1 egg, beaten
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon vanilla
- 1 cup fresh blackberries
- powdered sugar, sifted

### Preparation:

1. Combine flour and brown sugar; cut in butter with pastry blender until mixture resembles coarse meal. Press 1 1/3 cups of mixture in bottom of an ungreased 8-inch square pan.
2. Combine remaining crumb mixture, sour cream, egg, baking soda, salt, cinnamon, and vanilla; blend well. Stir in blackberries. Spoon over crust, spreading evenly. Bake at 350° for 30 to 40 minutes. Cool; cut into 2 1/2 x 2 1/2-inch bars.
3. Sprinkle with powdered sugar. Makes about 12 bars



## Blueberry Pie

Here's a flavorful cinnamon-spiced blueberry pie. Use your favorite pastry recipe or purchased refrigerated pastry to make this recipe. Cook Time: 40 minutes

### Ingredients:

- 1 1/4 cup sugar
- 1/3 cup all-purpose flour
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- pastry for 2-crust pie
- 1 tablespoon butter, cut in small pieces
- juice and grated zest from 1/2 medium lemon
- 5 cups fresh or frozen thawed blueberries, rinsed well

### Preparation:

1. In a large bowl combine sugar, flour, salt, cinnamon, lemon juice and grated rind, and blueberries. Roll out half of the pastry; line an 9-inch pie pan and trim edges.
2. Pour berry mixture into pie crust and dot with small pieces of butter. Roll out remaining pastry to about 1/8 inch thick.
3. Cover pie; trim, turn edge under and crimp. Cut a few vents in top of crust to allow steam to escape.
4. Bake at 425° for 40 minutes, or until crust is nicely browned.

## Strawberry and Spinach Salad

Spinach salad with strawberries and a red wine vinaigrette. Dressing may be prepared several hours before serving.



### Ingredients:

- 1/2 teaspoon toasted sesame seeds
- 6 cups fresh spinach leaves, torn
- 2 cups fresh strawberries, rinsed, dried, hulled
- Dressing
- 1/4 cup salad oil
- 2 tablespoons red wine vinegar
- 1 1/2 tablespoons sugar
- 1/2 teaspoon dried dill weed
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1/8 teaspoon dry mustard

### Preparation:

1. In a large bowl, toss spinach with sesame seeds. Prepare strawberries, cutting large ones in half. Add strawberries to salad. Cover and refrigerate.
2. Combine dressing ingredients in a screw-top jar or shaker; shake well then refrigerate to chill.
3. Pour chilled dressing over strawberry and spinach salad mixture in bowl and toss gently to distribute well.

## Easy Strawberry Trifle Recipe

### Ingredients:

- 4 tablespoons sugar, divided
- 2 cups whipping cream
- 1 pound cake, purchased
- 4 ounces cream cheese, softened
- 2 pints fresh strawberries, hulled, halved
- 1/4 to 1/2 cup melted seedless raspberry jelly
- cream sherry or a strawberry liqueur, optional



### Preparation:

1. Gently stir 2 tablespoons sugar into sliced berries; set aside. Beat the remaining 2 tablespoons sugar into cream cheese. Whip cream until stiff peaks form, then fold into the cream cheese mixture.
2. Cut cake into slices about 1/3-inch thick. Arrange a layer of slices in the bottom of a glass bowl; sprinkle with a teaspoon of sherry and drizzle with melted jelly, then add a layer of strawberries and a layer of cream cheese mixture.
3. Continue layering, ending with a layer of cream cheese mixture.
4. Garnish with a few whole or sliced berries.

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