



This dessert bar features Fresh Blueberry Pie, Blueberries in Meringue Shells, and Blueberry-Orange Parfaits—for light or hearty appetites.

Blueberry Desserts

Family Weekly Cookbook • MELANIE DE PROFT, Food Editor

Blueberry-Orange Parfaits

TO PREPARE: 15 MIN.

TO COOK: ABOUT 10 MIN.

- 2 tablespoons cornstarch
- 1 cup sugar
- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon salt
- 2 cups orange juice
- 2 eggs, beaten
- $\frac{1}{4}$ teaspoon grated lemon peel
- $\frac{1}{2}$ teaspoon vanilla extract
- 2 cups fresh blueberries, sorted and rinsed
- 2 tablespoons sugar

1. Mix first three ingredients together in a double-boiler top. Add a small amount of the orange juice and blend until smooth. Stir in remaining orange juice.
2. Bring mixture to boiling over direct heat and cook, stirring constantly, 3 to 5 min. Remove from heat.
3. Immediately blend about 3 tablespoons of the hot mixture into the beaten eggs; stir egg mixture into the orange juice mixture.
4. Set over simmering water and cook 3 to 5 min., or until thickened, stirring constantly. Remove from water and cool. Stir in lemon peel and vanilla extract. Chill.
5. Meanwhile, sprinkle the 2 tablespoons sugar over blueberries and allow to stand at least 30 min.
6. Spoon alternate layers of orange mixture and blueberries into parfait glasses, beginning with a layer of orange mixture and ending with blueberries. Top with sweetened whipped cream.

About 6 servings

Blueberries in Meringue Shells

Prepare individual meringue shells according to your favorite recipe. Fill with fresh blueberries and top with a dollop of thick sour cream and a sprinkling of brown sugar.

Fresh Blueberry Pie

TO PREPARE: 25 MIN. TO BAKE: 40-45 MIN.

Pastry for an 8-in. lattice-top pie (your favorite recipe or a prepared mix)

- 4 cups fresh blueberries
 - 4 teaspoons lemon juice
 - $\frac{1}{4}$ cup sugar
 - $\frac{1}{4}$ cup flour
 - $\frac{1}{2}$ teaspoon ground cinnamon
 - $\frac{1}{4}$ teaspoon ground nutmeg
 - $\frac{1}{2}$ teaspoon salt
 - 1 teaspoon grated lemon peel
 - 2 tablespoons butter or margarine
1. Prepare pastry. Line pie pan; cut remaining pastry into strips and set aside.
 2. Sort, rinse, and thoroughly drain the blueberries.
 3. Sprinkle lemon juice over the berries; toss gently with a mixture of the next six ingredients.
 4. Turn berry mixture into the pastry shell, heaping slightly at center. Dot with butter. Top with pastry strips to form a lattice design. Flute the edge.
 5. Bake at 450°F 10 min.; reduce heat to 350°F and bake 30 to 35 min. longer, or until crust is light golden brown.

One 8-in. pie

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