

Fresh Berries and Cream Pie

4 tablespoons flour
2/3 cup sugar
1/4 teaspoon salt
4 cups blueberries, blackberries, raspberries or strawberries (fresh or frozen)
1 cup half and half cream
9 inch pastry shell unbaked

Mix together the flour, sugar, salt and half & half. Spread the berries in the bottom of the pastry-lined pie dish, then pour the flour and cream mixture over them. Bake at 400 degrees for approximately 40 minutes or until the top is browned and the filling is set.

Blackberry Ice Cream

2 cups fresh blackberries, rinsed
1 cup sugar, divided
1 egg yolk
1 cup half-and-half
1 cup whipping cream
1/8 teaspoon cinnamon

Mix blackberries and 1/2 cup sugar in small saucepan. Bring to low boil, simmer 5 minutes to dissolve sugar and break up berries. Cool slightly. Puree in blender. Press puree through fine sieve to remove seeds. Discard seeds. Set puree aside.

Mix egg yolk, remaining 1/2 cup sugar, and 1/2 cup half and half in a small saucepan. Cook over low heat, stirring constantly, until mixture comes to a boil and thickens slightly (about 5 min).

Whisk remaining half and half, all of cream and cinnamon and vanilla into cooked mixture. Whisk in blackberry puree.

Cool and chill the ice cream base mixture for 1-2 hours or overnight. Pour cold mixture into electric ice cream machine and make according to mfg. directions.

Mix-in-the-Pan Berry Cobbler

1 cup flour
1 cup sugar
2 teaspoons baking powder
3 cups fresh or frozen berries (or a combination of berries)

1 cup milk
1 teaspoon vanilla
2 T. margarine

In a two-quart baking dish or pan, mix the flour, baking powder and sugar. Add the milk and vanilla and stir to make a thin batter. Pour the berries evenly on top of the batter, and then slice the margarine thinly and distribute it over the top of the batter. Bake at 350 degrees until the batter is golden brown and done in center

Blueberry Apricot Muffins

4 fresh apricots, peeled, pitted, and diced, about 1 cup
1 cup fresh blueberries
1 teaspoon lemon juice
1 1/2 cups all-purpose flour
1/2 cup granulated sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon ground cinnamon
dash ground nutmeg
6 tablespoons butter, melted
1/2 cup milk
1 large egg

Toss chopped apricots and blueberries with lemon juice. Set aside. Grease and flour 12 muffin cups or line with paper liners. Combine flour, sugar, baking powder, soda, salt, cinnamon, and nutmeg in a large bowl. In another bowl, whisk together butter, milk, and egg. Stir milk mixture into the dry ingredients and blend just until moistened. Fold in the fruit mixture. Spoon batter into muffin cups. Bake in a preheated 375° for 20 to 25 min., or until a wooden pick inserted in center comes out clean. Cool for about 3 minutes in pan then remove to cool completely. Makes 12 muffins.

Eastside & Westside Markets

East. Hwy. 24 next to Super-8 or West Ft. Riley Blvd. across from Briggs in Manhattan, KS