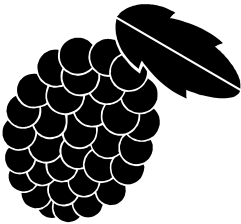
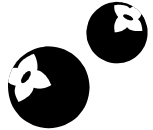






If You Pick  
It,  
You Eat  
It!



*A Collection of  
Up North  
Berry, Wild Rice  
Recipes and  
Reminiscence  
From the 50's  
and 60'*

Trish St. John

**Published by**  
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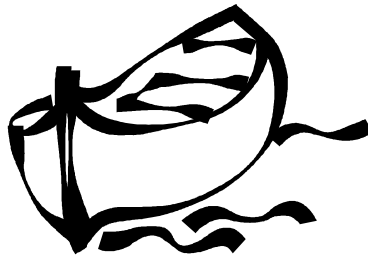
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By Patty L. Johnson (Trish St. John)

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## Dedication:

To Lon: who eats what I cook  
And fixes my computer when I  
grumble!

To: the library group at Pierz High  
school  
Who tried something new almost  
every week!

And To:  
Anyone who has ever had the bad  
fortune to find a stink bug  
in the Raspberry pail!



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## **Introduction**

*I grew up in Bemidji Minnesota and like most young people in the 50's and 60's spent much of my time helping my mother pick berries. In the 50's my mother usually canned the fruit or in some cases made chokecherry or raspberry wine to give away for Christmas presents.*

*Picking berries was a social event in rural areas. We had an old-fashioned telephone line where all the neighbors could listen in to everyone's conversation. When the chokecherries were ripe, the phone line started buzzing! Women and children would gather pails kept just for berrying; then they'd gather together and head for the berry patches. While the mothers caught up on local gossip, the children would often try to out-do each other to see who could get the most berries in their pail. This usually meant they stuffed the pail with blueberry plants, dried sticks, chokecherry branches or whatever they could find to make it look like they had the most berries.*

*Berry picking was fun, but we were aware that we might not be the only ones interested in the fruit in the berry patch. Quite often we would hear or see signs of bear.*

*Once we'd picked the berries, the biggest problem came to be, what do we do with all the fruit once we've picked it. In this recipe book I have tried to give some solutions to this problem, by including old time recipes as well as current recipes that fit today's life style.*

**Trish St. John**



# Chokecherry Jelly

Quantity: About 9 small glasses

3 cups of chokecherry juice (See directions below)

6 1/2 cups sugar

1 bottle of Certo

Sterilize jelly glasses. Stem about 3 1/2 cups of fully ripe chokecherries for the juice and place in a large kettle.

Add 3 cups of water to your cherries and bring to a boil, then simmer with kettle covered for 15 minutes.

Place in a jelly cloth or bag and squeeze out the juice.

Measure 3 cups of juice and pour back into your kettle. Add sugar and mix.

Place over high heat and bring to a boil, stirring constantly.

Stir in the Certo and bring to a rolling boil.( one that can not be stirred down)

Boil hard for 1 minute stirring constantly. Remove from heat

Skim off the foam with a metal spoon and pour into glasses.

Top with 1/8 inch of hot paraffin

## Chokecherry Memories

*Chokecherries grow along fence lines or road-beds in the North woods. They are tart and rather an acquired taste, but once you have enjoyed Chokecherry jam on bread warm from the oven, you will never forget it. The bad thing about chokecherries is that they will turn your teeth and tongue blue.*

*When I was a child, living up north of Bemidji, we would gather the*

*chokecherry pails and head towards the woods at the edge of the fence line. There always seemed to be two different types of berries ready for picking.. One was smaller and sweeter and the other was larger, dull navy blue in color and more tart. I loved them both. Occasionally we would find traces in the woods that indicated that the Minnesota bears liked them just as much as we did.*

## Chokecherry Apple Butter

4 cups crab apple pulp  
2 cups chokecherry pulp  
5 cups sugar  
1/2 teaspoon almond extract

Cook your fruit and then put it through a sieve so that you do not have seeds. Heat the pulp in a large container that does not burn easily. Heat to a boil, stirring carefully and add your sugar. Stir constantly until it just begins to thicken., add extract and stir well.

Ladle into sterilized hot jars to within 1/4 inch of the top of jar. Wipe of the rims of the jars and close. Process as you would for any jelly in a boiling water bath for 10 minutes Remove from canner. Makes 8 half pints. It is rather fun to use your computer and make Homemade Chokecherry labels. I like to give this to friends at Christmas along with a loaf of Home made beer bread.

## Cabin Beer Bread Bake at 375 for 55 min.

3 cups self-rising flour

1/2 cup of sugar



1 12 ounce jar of Honey Lager Beer + 1/4 cup water, 2 TBSP of melted butter for the top of the crust.

Mix lightly so that your bread dough is lumpy. Spray a bread pan with Pam or grease with Crisco. Bake at 55 minutes at 375. Take your bread out and spread 2 TBSP of melted butter



on the top. Put back in oven for 3 minutes. Cool and remove from pans. *I love this with chokecherry jelly. I normally make up a large quantity of the mix and take it along with beer to the cabin. It is a super recipe for a quick barbeque.*

## Easy Chokecherry Syrup

4 cups chokecherry juice  
1 cup Karo light corn syrup  
4 cups sugar



Combine ingredients in a heavy kettle and boil for 3 minutes. Pour into warm sterilized pint or half-pint jars. Put on lids. Process in a boiling water bath for 10 minute. Remove and let cool.

## Chokecherry Cake

1 White Cake mix  
1 1/2 cups of chokecherry syrup (divide for mix and topping)

Prepare a White Cake mix as directed, adding 1/2 cup Chokecherry Syrup to the mix.

Bake in a 9x13 pan or 2 round cake pans as directed on cake mix package

Let cool. Poke holes in cake and drizzle 1/2 cup of chokecherry syrup over the top.

**Frosting:** 1/2 cup Chokecherry Syrup

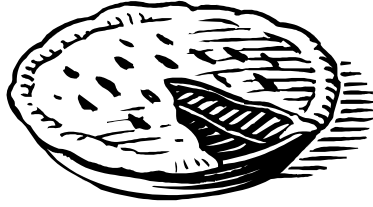
8oz Cool Whip. Fold 1/2 cup Chokecherry Syrup into 8oz cool whip. Spread this mixture onto the cake or in between the two round cakes. *When the cherries are ripe, they are usually dark purple or black in color. Sometimes there are also cherries of reddish or orange color. When picking, pick a mixture the light red and green ones too, because they add flavor and pectin to your jelly.*

# Chokecherry Juice

Cover chokecherry fruit with water. Mash and boil at the same time. After boiling, simmer for half an hour mashing occasionally. Squeeze through cheesecloth or through a jelly press taking care not to crush the pits. This juice can be mixed with soda.

## Chokecherry Pie

1 9" baked pie shell  
2 cups chokecherry juice  
3 level tablespoons cornstarch  
1 cup sugar  
small pinch salt  
1/2 teaspoon almond extract



Cook ingredients until thick, stirring constantly. Cool. Pour into pie shell and chill. Serve with whipped cream or cream topping.

### Chokecherries

*The Chokecherry is native to Minnesota, and is classified as a bush cherry. It is also related to the domestic cherry as well as the plum, apricot, and peach families of fruit. The Chokecherry grows on shrubs or trees, is usually quite small and develops a variety of red, yellow, orange or blue-black colored berries. The Chokecherry is also known as the Wild Black Cherry, and its fruit is most often used to make sweets, jams, jellies, syrups, sauces, , or beverages, such as wine or juice. With a flavor that can range from mildly sweet to very sour and tart, Chokecherries grow abundantly in the wild and are common food for a variety of birds and animals. In Minnesota, the bear like chokecherries. The seeds of this fruit are considered poisonous and may cause harm if consumed in large quantities, but since they are so bitter, I can not imagine anyone eating them.*

*When I was around 10 years old, I watched my mother make home made chokecherry wine. Thinking to impress my friends, I found an old crock, some left over berries, sugar and yeast. After gathering my ingredients I found a spot in the woods where my Moonshine Company would not be discovered. Each day I went out and stirred my evil brew. Since I did not cover it, flies, bugs and various critters left their calling card in my wine.*

*Eventually, my wine started to ferment, giving off a very pungent odor. I decided it was time for the neighborhood sample, so I called all the kids together.*

*We grabbed our glasses, and double dared each other to take a swig.*

*Later that night, all the neighborhood mothers were calling our home to discuss how I had given their children alcohol and made them sick. That was the beginning of my attempts to make Chokecherry wine. I improved with age.*

## Skillet breakfast with chokecherry syrup

12 or more slices of bacon, cut in 1-inch pieces.

6 to 8 eggs, beaten (at least 1 egg per person)

2 cups milk

4 teaspoons baking powder

1/4 cups sugar

1/4 teaspoon salt

2 cups of flour



### Direction:

Brown bacon in a large skillet, stirring continuously. Don't drain.

Combine and mix everything together except bacon. Make a thin pancake-like batter. Pour the batter over the bacon in the hot skillet. Place on medium high heat for a few seconds, then stir with a spoon to keep from burning. Make sure the pieces are bite-size or smaller. Continue frying until all pieces are lightly brown. Serve with hot chokecherry syrup.

## Chokecherry Liquor

1 quart choke cherries



1 quart sugar

1 fifth gin or vodka

Place all ingredients in covered glass containers. Shake every day for 30 days. Drain and bottle in fancy bottles. Seal with corks or caps. This will taste sweet at first, gets much better after aging 6 months.

## Chokecherry Pesto

2 cups of fresh basil

**Add to the blender** and Chop with a portion of the following:

1 cup whole almonds

1 cup grated Parmesan cheese

**Mix together and add:**

1/2 cup concentrated raw chokecherry pulp, with 3/4 cups of citric acid.

**Mix well.**

Add olive oil to the desired consistency.

We like this on grilled meats chicken and fish at the cabin. Some people have said it is good with corn on the cob, summer squash any form of pasta. The original recipe that I had in my recipe box suggested freezing it in small amounts so that you could thaw it when you needed it. It keeps 2 weeks in the refrigerator.

## Warm Waffles to Serve with Chokecherry syrup

1/2 cup warm water

1 package dry yeast

2 cups warm milk

1/2 cup butter or margarine



1 teaspoon salt  
1 teaspoon sugar  
2 cups flour  
2 eggs  
1/4 teaspoon baking soda

**Instructions:**

Dissolve yeast in warm water using large mixing bowl. Let set for 5 minutes. Add all ingredients except eggs and soda. Let set overnight. Be sure to beat the mixture together before letting it rest. In morning beat in eggs and soda. Cook like traditional waffles according to your griddle manual. Serve with powdered sugar and chokecherry syrup. These waffles are light and crisp.

## Did you know?

*The chokecherry, a tart, maroon-colored fruit that grows wild in Montana, is honored in Lewistown, Montana, every year with events that include a Chokecherry pit-spitting contest.*

**POISON NOTES:** I really hate to put this in a cookbook but in the effort to be safe, Cherry fruit is great to eat, but the leafs, bark, twigs and pits of wild cherries contain dangerous amounts of a cyanide-producing compound, even though they were used often by native American's as part of their herbal healing practices. Children are sometimes poisoned by swallowing lots of cherry pits. However, as I have said earlier, I can't remember any one who would ever want to swallow chokecherry pits because they are so bitter. Livestock occasionally do eat them.



## Chokecherry Jelly version 2

8 cups of ripe berries  
4 cups of water

3 cups of sugar  
4 TBSP Lemon juice

Directions: strain and measure juice ( about 4 cups). Add 1 TBSP Lemon juice per cup of prepared juice. Heat juice until mixture comes to a full boil. Stir constantly. Add sugar and continue to boil vigorously for 1 minute. Stir, and skim off any scum on the top. Pour into hot sterilized jars. Seal with melted wax.

## CHOCHECHERRY CROWN ROLLS

4 and 1/4 Cups non-sifted flour  
1/2 Cups Sugar

2 teaspoons Salt  
2 packages of dry yeast  
3/4 Cup Milk  
1/2 C up Water  
1/2 Cup Margarine or butter



1 Egg at room temperature

### **Chokecherry filling:**

2 Cups Chokecherries - pitted  
1 Cup Chokecherry juice  
1/4 Cup Sugar  
1/4 cup Cornstarch

**Blend:** chokecherry juice with sugar and cornstarch. Cook over medium heat, stirring constantly until thickened and clear.

**Add:** pitted chokecherries. Cool.

In large bowl combine 1 cup flour, 1/2 Cup sugar, salt and undissolved yeast. Combine milk, water and margarine in sauce pan and heat over low heat until liquid is very warm). Margarine doesn't need to have melted.

**Gradually add to dry ingredients** and beat 2 minutes at medium

speed on electric mixer, scraping bowl occasionally.

**Add** egg and 1/2 cup flour. Beat at high speed 2 minutes.

**Add** enough additional flour to make a stiff batter. Cover bowl tightly with foil. Chili 2 hours or overnight.

**Remove** dough from refrigerator and let warm up and raise slightly, about 1/2 hour.

**Turn** dough out onto lightly floured board, divide into 18 pieces. Roll each piece into a rope, 15 inches long.

**Hold** one end of each rope in place and wind dough around loosely to form a coil. Put one end of the coil underneath.

**Place** on greased baking sheets about 2 inches apart. Cover. Let rise until doubled, about 1 hour.

**Make indentations** about 1 inch wide in center of each coil.

Pressing

to bottom. Fill with chokecherry filling that you made earlier., I have also used Chokecherry jelly.

**Bake at 400 degrees for 12 to 15** minutes or until done. Remove from pans and cool on wire racks. When cool, drizzle with thin icing.

## Chokecherry Jam Puffies

### INGREDIENTS:

- 2 eggs
- 1/2 C brown sugar
- 1/2 C butter, melted
- 1 1/4 C buttermilk
- 1 tsp. vanilla



- 1 C whole wheat flour
- 1 C cake flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- Chokecherry Jam

### **PREPARATION:**

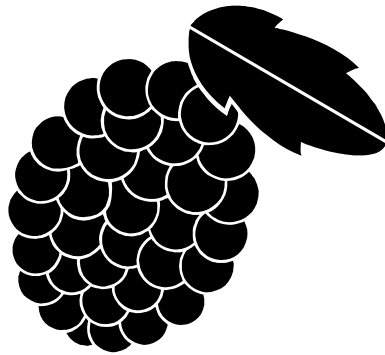
Mix eggs, brown sugar, melted butter, buttermilk, and vanilla in large bowl. In medium bowl, combine whole wheat and cake flours, baking powder, baking soda, and salt. Combine wet and dry mixtures and fold together just until blended. Spoon into greased muffin tins, filling about 2/3 full. Place 1 teaspoon jam on each muffin and press lightly with spoon. Bake at 400° for 20 minutes. Remove from pan and cool on rack.

I hope you have enjoyed some of the chokecherry recipes within this small cookbook. Chokecherries are certainly a fruit that I associate with Minnesota. If you are having out of state guests, be certain to include a taste of chokecherry syrup along with wild rice pancakes.





# Raspberry Recipes



# Raspberry Brownies

## **Filling:**

8 oz. pkg. Softened cream cheese,  
1/2 C seedless raspberry jelly  
1 TBSP flour  
1 egg  
2 to 3 drops red food coloring

## **Brownie:**

3/4 Cup butter  
4 oz. unsweetened chocolate  
3/4 Cup sugar  
3 eggs  
1 Cup all purpose flour  
1/2 tsp. baking powder  
1/4 tsp. salt  
3 TBSP raspberry flavored liqueur or water

## **Glaze:**

1 oz. white baking bar  
2 tsp. oil



Heat oven to 375°F. Lightly grease 9 inch spring form pan. In small bowl, combine all filling ingredients. Beat 1 minute at medium speed; set aside. In medium saucepan, melt margarine and chocolate over low heat, stirring constantly. Remove from heat; cool slightly. Add sugar and 3 eggs; beat well. Level off flour in measuring cup. Stir in flour, baking powder and salt; blend well. Stir in raspberry liqueur; blend well. Spread half of chocolate mixture in bottom of greased pan. Spread filling evenly over chocolate. Spread remaining chocolate mixture evenly over filling.

Bake at 350°F. for 37 to 42 minutes or until center is set.

Cool on wire rack 5 minutes; run knife around edge of pan to loosen. Cool completely; and remove from pan. In small saucepan, melt glaze ingredients over low heat, stirring constantly until smooth. Drizzle glaze over top of brownie; allow to set. Cut into wedges. Serves 12.

## Impossible Raspberry Cake

1 package white cake mix (2-layer size)  
3 C fresh raspberries  
1 C granulated sugar  
1 and 1/2 C whipping cream (un-whipped)  
fresh whole raspberries for garnish  
additional cream (whipped) for garnish



**Pre-heat the oven to 350°F** degrees and lightly coat two 9-inch round cake pans with non-stick cooking spray and a light dusting of flour.

Prepare the white cake mix as directed on the package, making sure to reduce the amount of water you add to only 1 cup. Pour equal portions of the cake batter into each of the prepared cake pans.

Evenly distribute about 1 1/2 cups of the raspberries over the top of the cake batter. Sprinkle the raspberries with 1/2 cup of sugar, each.

Divide the whipping cream, and pour equal portions over the top of the raspberries on each cake. Bake for about 60 minutes.

Immediately invert both cakes onto serving plates when removing from the oven. Let cool, then garnish with freshly whipped cream and whole raspberries just prior to slicing and serving.

***Memories:*** *Some of my best memories of childhood are centered around*

*a bowl of cool fresh raspberries topped with whipping cream, eaten on a warm summer day.*

## Raspberry Salsa

- 2 C fresh raspberries
- 1/4 C chopped sweet onion
- 3 t. finely chopped jalapeno Chile peppers
- 1 clove minced garlic
- 1/4 C chopped fresh cilantro
- 1/2 t. white sugar
- 3 T. fresh lime juice



In a medium bowl, mix together raspberries, sweet onion, jalapeno Chile peppers, garlic, cilantro, white sugar and lime juice. Cover and chill in the refrigerator at least 1 hour before serving. I like this with pretzels.

## Raspberry Curd

- 3 half-pint baskets fresh raspberries
- About 1/2 C sugar
- 4 T. unsalted butter
- 1 1/2 t. fresh lemon juice, or to taste
- 2 eggs
- 2 egg yolks



Puree the raspberries and put them through a fine strainer to remove the seeds. Measure 1 and 1/2 C puree, heat it in a non-corroding saucepan, and stir in the sugar and butter. Taste and add the lemon juice to taste. Whisk the eggs and egg yolks, enough to just mix them, then stir in some of the hot puree to warm them. Return to the pan and cook over low heat, stirring constantly, until the mixture is thick--it should reach a temperature of 170°F. Chill.

This can be used as a cake filling, or to fill a tart or tartlets.  
Makes 2 Cups, enough to fill one 9" tart shell. I like to make scones and put a little on top before baking.

## Chocolate Crock Pot Raspberry Strata

6 cups Hawaiian bread, or brioche, cut into 1 inch cubes  
1 1/2 cups semisweet chocolate chips  
1/2 pint fresh raspberries (do not use frozen), rinsed & drained  
1/2 cup heavy cream  
1/2 cup milk  
4 eggs  
1/4 cup sugar  
1 tsp. vanilla extract  
Whipped cream



Place half of the bread cubes in a well-buttered 3 1/2 qt. Crock pot. Sprinkle on half of the chocolate chips & raspberries. Cover with the remaining bread cubes, then top with the remaining chocolate chips & raspberries.

In a medium bowl, whisk together the cream, milk, eggs, sugar, & vanilla until well blended. Pour evenly over the bread mixture in the cooker.

Cover & cook on high heat about 1 3/4 to 2 hours, or until set. Do not cook on low heat for a longer time. Let stand for about 5 to 10 minutes before serving. Serve garnished with whipped cream

*Crock pots became handy household appliances in the late 60's. Everyone had the standard avocado green pot that was quite hard to clean. The interior was not removable so you spent almost as much time soaking the pot as you spent saving time by using the crock pot. Another appliance that everyone loved was the Fondue pot. Quite a few books were written about how to cook steak in peanut oil and Up North fondue theme parties became social events.*



# Red Raspberry Rice Pudding

1 c uncooked, Long-Grain Rice  
3 c Milk  
1/2 c Sugar  
1/2 tsp. Salt  
2 Eggs; well-beaten  
1/2 c Heavy Cream; whipped  
1 tsp. Almond Extract  
2 c Fresh Raspberries



Combine rice and milk in top of a double boiler. Cook rice until tender, stirring occasionally.

Add sugar and salt; combine well. Stir in eggs, mix well and cook over medium heat 2 minutes. Remove from heat.

Fold in whipped cream, extract and raspberries. Pour into bowls and chill. Makes 6 servings



Honey can be used to sweeten any recipe.

# Raspberry Dessert

2 packages frozen red raspberries (10 oz each)  
1 cup water  
1/2 cup sugar  
2 teaspoons lemon juice  
4 tablespoons cornstarch  
1/4 cup cold water  
50 large marshmallows  
1 cup milk  
2 cups heavy cream  
1 1/4 cups graham cracker crumbs  
1/4 cup chopped nuts  
1/4 cup melted butter



Combine berries, 1 cup of. water, sugar and lemon juice. Heat slowly in a saucepan. Dissolve cornstarch in 1/4 cup. cold water, then stir into berry mixture and cook until thick and clear. Cool. Melt marshmallows and milk in saucepan over boiling water, then cool. Whip the cream and then fold it into the marshmallow mixture. Combine graham crackers, nuts and butter in 9x13 inch pan. Press into bottom. Spread marshmallow cream mixture over crumbs. Spread raspberry mixture over top. Chill until firm. This recipe was around in the 60's and served at card parties, church gatherings etC

# Raspberry Angel Dessert

1 large Pkg. Raspberry Jello  
10 Inch angel cake  
1 large Pkg. frozen raspberries, thawed  
1 large Pkg. whipped topping

Dissolve Jello in 2 cups boiling water. Add raspberries. Break up angel cake and add to raspberries. Mix until angel cake is totally combined. Fold in 3/4 of whipped topping. Pour into mold and place in refrigerator until set, about 4 hours, or overnight. Before serving, remove from mold and frost with remaining whipped topping. If desired, decorate top with some raspberries.

# Super Easy Raspberry Layer cake

1 (18.25 ounce) box white cake mix  
2 cups fresh raspberries  
1 cup granulated sugar  
1 1/2 cups whipping cream (un-whipped)  
Fresh whole raspberries (for garnish)  
Additional cream, whipped (for garnish)



Preheat oven to 350 degrees F. Lightly coat two 9-inch round cake pans with nonstick cooking spray and a light dusting of flour.

Prepare the cake mix as directed on the package, but be sure to reduce the amount of water to only 1 cup. Pour equal portions of the batter in each of the prepared cake pans.

Evenly distribute about 1 and 1/2 cups of the raspberries over the top of the cake batter. Sprinkle the raspberries with 1/2 cup of sugar (each pan).

Divide the whipping cream, and pour equal portions over the top of the raspberries on each cake. Bake for about 60 minutes.

Immediately invert both cakes onto serving plates when removing from the oven. Let cool, then garnish with freshly whipped cream and whole raspberries just prior to slicing and serving. *This is a neat Valentine's Day cake.*



# Raspberry Cupcake Dessert

2 cream-filled chocolate cupcakes, cut in half  
1 to 2 C whipping cream  
2 T. powdered sugar  
1/2 tsp. vanilla extract  
1 to 1 and 1/2 C fresh or frozen raspberries, thawed and drained  
additional raspberries, optional



Place one cupcake half each in four dessert dishes.

In a mixing bowl, beat cream until soft peaks form. Beat in sugar and vanilla until stiff peaks form. Fold in raspberries. Spoon over cupcakes.

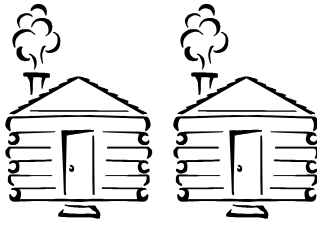
Garnish with additional raspberries, if desired. Refrigerate until serving. Kids like this one. I can remember spending most of the day cooking a special cake to share with the family on my nephew's birthday. I had searched in many magazines, looking for that one perfect recipe and finally found one that I thought was promising. After one taste, my nephew excitedly exclaimed. "This is almost as good as a HO, HO." From that point on, I decided when serving kids dessert, just buy them HO HO's.

# Raspberry Salad



1/2 cup Raspberry vinegar\*  
1/2 cup Extra virgin olive oil  
1/2 cup Fresh basil, chopped, or 1/4 tsp Sweet basil, dried

Whisk ingredients together in a small bowl.  
Serve over chilled crisp romaine leaves and thinly sliced tomato.  
Sprinkle with Parmesan cheese, if desired and add croutons.



## Mom's Raspberry Bars

- **Bottom Layer:**
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 cup cold butter, cut up
- 2 large eggs, lightly beaten
- 1 tablespoon milk
- 2/3 cup raspberry jam
- .
- **Topping:**
- 2/3 cup granulated sugar
- 1/4 cup melted butter
- 2 cups sweetened shredded coconut



### PREPARATION:

Preheat oven to 350° and grease an 8-inch square baking pan.

In a mixing bowl, stir together flour and baking powder. Cut in butter pieces with a pastry blender until coarse crumbs have formed.

Gradually stir in lightly beaten eggs with a wooden spoon. Add milk; stir until all ingredients are moist and a soft dough has formed. Spread dough into the pan, pressing with fingers to reach edges of pan. Spread raspberry jam evenly over dough.

Mix together topping ingredients; spread carefully over jam layer.

Bake at 350° for about 25 to 30 minutes, or until topping is lightly browned. Cool completely in pan on rack. Cut raspberry bars into squares. *These bars were always Christmas favorites in the 60's and friends still ask for the recipe.*

# Raspberry Vinegar

Makes 2 cups

3 cups raspberries, washed and carefully dried

1 cup good distilled white vinegar or Japanese-brewed rice vinegar

1/4 cup sugar

1/2 cup water

**Sterilize** one 16-ounce bottle or two 8-ounce canning jars along with the caps.



**Puree** the berries in a food processor; pour the puree into medium-size bowl.

**Combine** the vinegar, sugar and water in a medium-size saucepan. Bring to boil over high heat; reduce the heat to medium-low and simmer until slightly syrupy, 4 to 5 minutes.

**Pour** the vinegar mixture into the raspberry puree and stir to combine. Let cool.

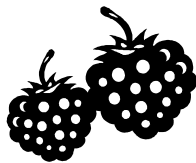
**Skim** the foam, if there is any, then strain the vinegar mixture through a fine sieve, press on the solids to extract as much juice as possible. Discard the seeds.

**Drain** the bottle thoroughly then fill with the strained vinegar. Seal with a clean cork or sterilized lid. Store in a cool, dry place or refrigerate.

**Memories:** *The 60's were an interesting time. How many of you remember Hula Hoops, love beads, cars with paisley print roofs, and Route 66 vacations? I can remember traveling out West with my parents and stopping at fruit stands. We'd buy*



*as much fresh fruit as we could, then load up our camper. Everything always tasted better when it was fresh.*



## Raspberry Lemon Muffins

### Ingredients:

2 cups flour  
1/2 cup sugar  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
8 ounces lemon yogurt  
1/2 cup oil  
1 teaspoon grated lemon peel  
2 eggs  
1 cup fresh or frozen raspberries, thawed

### TOPPING INGREDIENTS:

1/3 cup sugar  
1/4 cup flour  
2 tablespoons margarine or butter



### Instructions:

**Heat oven to 400 degrees.** Grease 36 mini muffin cups\*. In a large bowl, combine flour, sugar, baking powder, baking soda, and salt; mix well.

In small bowl, combine yogurt, oil, lemon peels and eggs; mix well. Add to dry ingredients; stir until dry ingredients are moistened. Gently stir in raspberries.

Fill greased muffin cups 3/4 full. For the topping, combine the 1/3 c sugar and 1/3 c flour in a small bowl. Using a pastry blender or fork, cut in margarine until crumbly. Sprinkle over batter.

**Bake at 400 for 11-13 minutes** or until light brown and toothpick inserted in center comes out clean. Cool 5 minutes; remove from muffin cups. Serve warm. Recipe can be baked in regular muffin cups. Grease bottom only of 14 muffin cups or line with paper baking cups. Fill greased muffin cups 3/4 full. Bake at 400 for 18-20 min.



## Stuffed French toast with Raspberry Sauce



### FILLING:

- 3/4 cup ricotta cheese 1 package (3 ounces) cream cheese -- at room temperature
- 1 teaspoon almond extract
- 2 tablespoons sugar
- 1 loaf French or Italian bread cut in 1 1/2-inch slices
- 8 eggs 2/3 cup half 'n half
- 1 tablespoons butter
- **SAUCE:**
- 1 package (10 ounces) or fresh Red Raspberries
- thawed and drained (reserving juice)
- 1 /2cup sugar
- 2 tablespoons raspberry jam

In medium bowl, combine ricotta, cream cheese, almond extract and sugar; stir until well blended.

Make a pocket in each bread slice by cutting through center of top crust down into bread to within 3/4-inch from edges, being careful not to cut through sides.

Fill pocket with 1 to 2 tablespoons filling. Repeat with remaining bread slices.

In medium bowl, whisk together eggs with half 'n half until well blended. Dip each side of bread into egg mixture until well coated.

Melt butter in large skillet over medium-high heat. Place bread slices into skillet and fry both sides until golden brown and filling is warm, about 6 to 8 minutes.

In medium saucepan, combine reserved raspberry juice and sugar; stir in raspberry jam. Bring raspberry mixture to a boil, then lower heat and simmer for 7 to 8 minutes, allowing mixture to slightly thicken. Remove from heat and stir in raspberries. Serve warm over French toast.

## White Chocolate Raspberry Cheesecake

### Crust

1/2 packages Nabisco famous wafers, crushed  
2 TBSPS. Sugar  
3 TBSPS. melted butter



### Filling

2 and 1/2 lbs. Cream cheese, cubed, soft  
2 Cups Sugar  
1/4 C Flour  
5 Large eggs  
1/3 C Milk  
1/2 lb. White chocolate, melted  
1 pt Fresh raspberries OR  
1 package frozen Raspberries, unsweetened

### Topping

1/2 Cup Semi-sweet chocolate chips  
2 TBSPS. Shortening  
1/2 Cup Heavy cream  
1 TBSP Powdered sugar

**Mix** crust ingredients and press into bottom of 9" Spring form pan. Bake at 350~F for 8 minutes. Let Cool.

**Beat** cream cheese, sugar and flour in large bowl with heavy duty mixer until very smooth. Beat in eggs, one

at a time, only until blended. Stir in milk, then white chocolate, by hand

**Grease** sides of prepared pan and pour in half of cheesecake mixer. Sprinkle with half of raspberries. Repeat with remaining cheesecake batter and raspberries, pressing the second layer of raspberries down into the batter so they don't dry out.

**Bake** in the oven. Bake at 375~F for 15 min. Reduce heat to 235~F and continue baking for one hour and thirty minutes or until done. Center will no longer be sticky but will not appear cooked. It will firm up upon cooling. Let come to room temperature and refrigerate overnight. Remove from pan. Mix together topping ingredients and heat in microwave Spread cooled cake with chocolate and let stand until firm. Decorate with whipped cream, chocolate curls and raspberries

*Memories of Berry picking: My most vivid memories of berry picking concern some of the wild animals or insects that we found in the berry patch.*

*At one time or another, I have met up with all of the unusual guests you see pictured in the cookbook. I can remember hearing bears crash through the undergrowth when I was picking chokecherries, and running into hornets while picking raspberries, but I think what I hated the most was when I grabbed a juicy handful of berries and ate a nasty Minnesota stink bug by mistake.*

## Yummy Ice cream pie and Raspberry sauce...



1 1/2 C chocolate cookie crumbs

1/4 C butter, melted

Combine crumbs and butter in a bowl, mix thoroughly. Press evenly into a 9 inch pie pan. Bake at 350 degrees for 5 minutes. Cool on rack for 10 minutes. Chill.

### **ICE CREAM:**

1 pint. whipping cream

1/4 Cup corn syrup

2 eggs

Chocolate flavoring or syrup

Whip cream until stiff. Add syrup and eggs. Mix in flavoring until desired color and taste is reached. Fold ice cream evenly into chilled crust, freeze.

**SAUCE:**

1 box (10 oz.) frozen, sweetened raspberries

1 tsp. Cornstarch, or thicken fresh berries.

Thaw berries, drain and reserve juice. Dissolve cornstarch in small amount of juice. Add remaining juice and cook over medium heat, stirring constantly until sauce boils and thickens. Cool. Stir in berries.

To serve, slice and top with raspberry sauce.

## Freezer Raspberry Sauce.

3 C mashed fresh raspberries

3 C sugar

1 C light corn syrup

1 (3 oz.) pkg. liquid fruit pectin (Certo)

2 TBSP lemon juice

4 C whole fresh raspberries

Combine the 3 cups mashed berries, sugar, and corn syrup; stir until well mixed. Let stand 10 minutes. In small bowl, combine liquid pectin and lemon juice. Stir into fruit mixture; mix for 3 minutes.

Add remaining whole berries, stirring carefully. Ladle into freezer containers; seal and let stand at room temperature for 24 hours.

Store in the refrigerator up to 3 weeks or in the freezer up to 1 year.

Serve over ice cream, waffles, or cake. Yield: 4 pints sauce.



## No-cook Raspberry sauce

3 pkgs. frozen raspberries or equivalent fresh berries

2 (10 oz.) jars Smuckers' simply fruit red raspberry

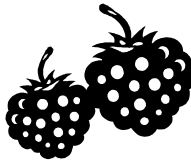
2 TBSP Raspberry liqueur

Put the raspberries and simply fruit into food processor.

Process until smooth and well blended. Strain seeds out of sauce (in small batches for easier handling). Add liqueur.

Refrigerate until thick.

## Raspberry salad



1( 6 oz.) Pkg. Raspberry Jello

2 cups boiling water

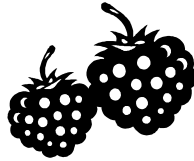
1 (8 oz.) pkg. Philadelphia cream cheese



1 Pkg. of frozen raspberries  
1 Cup of jellied cranberry sauce  
Juice of 1/2 lemon or 2 tsp substitute  
1 Cup of sour cream

**Directions:**

Dissolve Jello in hot water. Add cranberry sauce so it will melt. Add thawed raspberries or fresh raspberries and lemon juice. Beat Cream cheese and sour cream in another bowl and then fold the cream mixture into the other ingredients and mix well. Chill in a 9X13 dish. To me this more of a dessert than a salad.



## Raspberry Wine Punch

1 package frozen red raspberries (10 ounces in syrup thawed)  
1 bottle of white Zinfandel or blush wine  
1 cup of raspberry flavored liqueur

Process the berries in a food processor until smooth and then press through a strainer discarding any seeds. Combine with wine, raspberry puree and liqueur in a nice decanter. Serve very cold



# Raspberry Sauced Chicken

8 chicken breast halves

1/2 tsp. salt

1/4 tsp. pepper

2 TBSP butter

1 (12 oz.) pkg. frozen unsweetened raspberries

1/4 C red wine

1 garlic clove, crushed

1 TBSP minced parsley

1/2 C chicken broth

2 TBSP Pepper corns crushed.

1/4 C butter, cut in half pieces

Mushrooms, if desired

Sprinkle chicken with salt and pepper. Melt 2 tablespoons butter in large skillet, add oil. Add seasoned chicken and brown on both sides.

Mash half of raspberries, press through a fine sieve to remove seeds.

Refrigerate remaining berries.

In a small bowl, combine strained berries, wine, garlic, parsley and broth. Pour over chicken. Cover skillet, cook 15 minutes over medium heat. Complete now or make ahead.

**MAKE AHEAD:** Place the cooked chicken and sausage in separate containers with tight-fitting lids. Cool, refrigerate up to 24 hours. Reheat in a large skillet. Add butter as directed below. Garnish and serve as below.

**SERVE NOW:** Cook chicken in sauce until tender. Using a slotted spoon, place hot chicken on platter. Keep hot. Stir green peppercorns into sauce; remove from heat. Add 1/4 cup butter, 1 or 2 pieces at a time, stirring constantly, until butter is blended into sauce. Immediately spoon over hot chicken, garnish with reserved raspberries and mushrooms, if desired. Serve hot.

# Chicken breast in raspberry sauce

4 skinless, boned chicken breast halves, about 1 1/4 lbs.

2 TBSP all purpose flour

1 1/2 TBSP Olive Oil

1 (12 oz.) pkg. dry pack frozen raspberries, thawed

3/4 C chicken broth

1/4 tsp. leaf thyme, crumbled

2 tsp. cornstarch

2 TBSP butter, cut up

2 TBSP red wine vinegar

2 TBSP lemon juice

1 tsp. sugar

1/8 tsp. salt



**Shake** chicken with flour in bag to coat. Sauté chicken in olive oil in large, heavy skillet over medium high heat 3-4 minutes or until browned. Lower heat to medium; sauté other side 3-4 minutes or until cooked through. Transfer to warm platter. Discard fat from pan; wipe pan.

**Reserve** 1/4 cup raspberries for garnish. Add remaining raspberries 1/2 cup chicken broth and thyme to skillet. Bring to boiling. Lower heat; simmer 2-3 minutes until raspberries are reduced and are like as sauce.

**Put** raspberry mixture through strainer with back of spoon; discard seeds. Return puree to skillet. Stir in cornstarch and remaining chicken broth in bowl until smooth. Stir into raspberry puree. Bring to boiling, stirring. Lower heat; simmer to thicken, 2 minutes. Off heat, stir in butter, vinegar, lemon juice, sugar, salt and reserved raspberries.

**Ladle** sauce into 4 warm plates. Slice breasts lengthwise. Place over sauce. Great for a colorful Christmas dish.



# Pork chops with Raspberry sauce

4 large boneless pork chops

2 TBSP flour

Salt

1/4 tsp. white pepper

1/2 tsp. dried rosemary

1 clove garlic, crushed

2 TBSP oil

1/2 C beef stock

1/2 C dry vermouth optional

1/4 C raspberry vinegar

1/4 C heavy cream



Dredge pork chops with flour. Season both sides with salt, pepper and rosemary. Fry garlic in oil for 1 minute. Add pork chops and brown. Pour off fat. Stir in stock and vermouth. Cover and simmer for 30 minutes. Remove chops from pan and keep warm.

Turn up heat. Add raspberry vinegar and continue cooking until thickened. Add cream and simmer until sauce is thick enough to coat the chops. Taste and adjust seasonings. Serve immediately. Serves 4.



# Raspberry Chicken Version 2

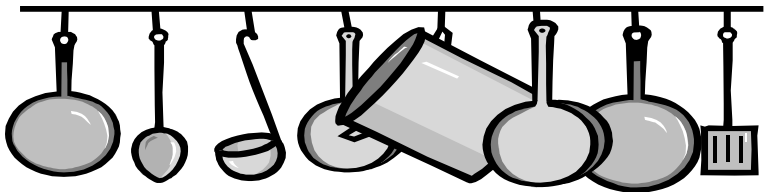
4 chicken breast halves, skinned & boned (about 1 lb.)  
1/8 tsp. salt  
Freshly ground pepper  
1 tsp. honey  
1 TBSP raspberry vinegar  
1 TBSP unsalted butter  
1/2 C dry white wine  
1 shallot, finely chopped  
3/4 C fresh raspberries  
1 C unsalted chicken stock



Sprinkle the chicken breasts with salt and pepper and put on a plate. Stir honey into the raspberry vinegar and mix well. Dribble this mixture over the breasts and allow them to marinate for 15 minutes.

In a heavy bottomed skillet, melt the butter over medium high heat and sauté the breasts until golden, about 4 minutes on each side. Transfer the chicken to a serving platter and put platter in a 200 degree oven to keep warm. Add the wine and shallot to the skillet. Reduce the liquid until it barely coats the pan, there should be about 2 tablespoons.

Reserve 12 raspberries for a garnish. Add the stock and remaining raspberries and reduce by half, to about 3/4 cup. Puree the mixture in a food processor or blender. Return the sauce to the skillet and bring it to a boil. Spoon it over the chicken and garnish with the reserved raspberries and mint sprigs, if desired. Serves 4.



## Raspberry Cake or Ice cream sauce

1 (4 oz.) sq. or bar semi-sweet chocolate In the old days you would have used Tole House, today try Ghirardelli)

1/4 C raspberry liquor or juice

1/4 C whipping cream

1 TBSP light corn syrup

Combine over low heat until melted. Serve over ice cream or cake. Garnish with whole raspberries.

## String Beans with Raspberry Sauce

1 lb. young, tender string beans

2 egg yolks

1 TBSP raspberry vinegar

1/2 tsp. sugar

Pinch nutmeg

Pinch salt - Sour cream to taste

In a small saucepan combine above ingredients (except beans and sour cream); whisk briefly over hot water until thickened and fluffy. Beat in sour cream. Pour over crisply cooked beans. Serves 4-6.



## Norwegian Old Fashioned Raspberry Pancakes

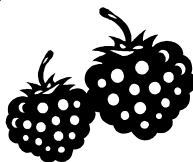
4 egg

1 and 1/2 cups milk

1/2 tsp salt

3/4 to 1 cup flour

Fresh berries



Beat together the eggs, milk and salt. Blend in the flour. Butter a 10 inch skillet and heat it up. Pour 1/3 cup of batter into the skillet and tilt and spread batter much as a crepe. Cook flipping once, and top

with powdered sugar and fresh berries. Garnish with whipped cream or serve with raspberry sauce. I usually add a bit more than the 3/4 cup so they flip easier and I cook at medium high. They will curl and flatten if made correctly.

## Freezer Raspberry Sauce

3 C mashed red raspberries, mash in layers as for jam  
3 C sugar  
1 C light corn syrup  
1 (3 oz.) pkg. liquid fruit pectin  
2 TBSP lemon juice  
4 C whole fresh raspberries

Combine the 3 cups berries, sugar and corn syrup; stir until well blended. Let stand 10 minutes. In small bowl, combine liquid pectin and lemon juice. Stir into fruit mixture; mix for 3 minutes to distribute pectin evenly. Add remaining whole berries, stirring carefully to distribute fruit but leave berries whole. Ladle into 1 pint freeze containers. Seal and let stand at room temperature for 24 hours or until partially set. Store in refrigerator up to 3 weeks or in the freezer for up to 1 year. Thaw and stir before using. Serve over ice cream, sponge cake, shortcake, or waffles.

## Pork chops with raspberry sauce version 2

4 boneless loin pork chops (3/4-1" thick)  
4 TBSP butter  
2 TBSP finely chopped green onions  
1/2 C raspberry vinegar  
1 1/2 C chicken stock  
1 1/4 C heavy cream  
Splash raspberry vinegar (approx. 2 TBSP)  
12 fresh raspberries, optional  
Salt  
Freshly ground black & green pepper



Heat butter in a large frying pan over medium-high heat. Pat pork chops dry with paper towel, then brown quickly in butter, about 3-4 minutes per side. Season with salt and pepper. Place on serving platter and keep warm. Drain off excess fat and return pan to heat. This is slightly different because it does not have as much Italian seasoning.

## Scandinavian Raspberry dessert cups



1 envelope (from 5/8 oz. pkg.) low-calorie raspberry flavored gelatin

1 C boiling water

1 (10 oz.) pkg. frozen raspberries or strawberries, thawed

1/4 C lemon juice

In medium bowl, dissolve gelatin in boiling water, stirring. Add raspberries, lemon juice, and 2 cups water; mix well. Refrigerate until slightly set, about 4 hours. Serve in tall glasses, accompanied by low fat sour cream, if desired. Makes 4 servings, 99 calories each.

VARIATION: Refrigerate raspberry mixture until it is firm, about 8 hours or overnight, and serve with Custard Sauce.

### *Custard sauce*

3/4 C skim milk

2 egg yolks

2 TBSP granulated sweetener

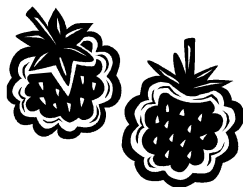
1/2 tsp. vanilla extract

1/2 tsp. lemon extract





In top of double boiler, combine skim milk, egg yolks, and granulated sweetener; beat with spoon until well blended. Cook over simmering water, stirring constantly, 10 minutes, or until mixture coats a metal spoon. Remove from heat. Stir in vanilla and lemon extracts. Pour into small bowl. Refrigerate, covered until well chilled. Makes about 3/4 cup. In a pinch, simply top with more berries and vanilla low fat yogurt.



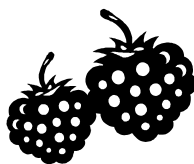
## Red Raspberry salad

6 oz. raspberry Jello  
2 and 3/4 C hot water  
2 TBSP lemon juice  
1 and 1/2 C apple sauce  
2 C frozen raspberries & juice (10 oz.)  
Dash salt

### ***TOPPING:***

16 marshmallows, cut up  
1 C sour cream  
Dissolve Jello in water. Stir in lemon juice, applesauce, salt and raspberries. Put in bowl. Chill until set.

Cut marshmallows and stir in sour cream. Refrigerate overnight in airtight container. Before serving stir topping (marshmallows will dissolve). Spread on top of thickened Jello.



# Uncooked Berry Jam

4 cups of crushed berries

1 pkg. of Sure-jell

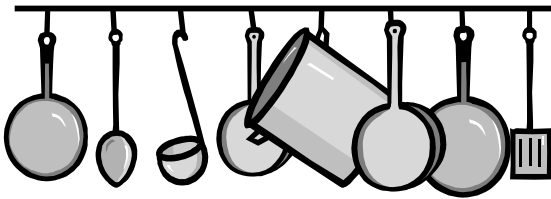
1 cup of light corn syrup

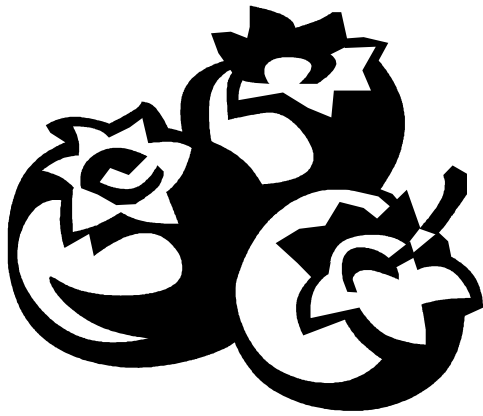
5 and 1/2 cups sugar.

Crush berries thoroughly. Measure after crushing. Sift Sure-Jell into berries slowly, stirring. Let stand 20 minutes, stirring occasionally. Add corn syrup and mix well. Gradually stir in sugar. When sugar is dissolved, jam is ready to eat. Freeze for 24 hours then you may either store in the refrigerator or freezer.

## Did you know?

- Raspberries' underground root stem and crown are perennial, and canes from underground buds are biennial — primocanes (first year canes) and floricanes (canes in second year).
- There are over 200 species of raspberries





Blueberry Recipes from the  
Northwoods



## Blueberry delight

18 graham crackers

1/2 Cup sugar

1/4 C butter melted

2 eggs

8 oz. Cream cheese

1/2 tsp vanilla

1 qt. Canned blueberries

2 TBSP Corn starch

**Drain** juice from berries. Add to the juice two tablespoons of cornstarch and 1/2 cup of sugar. Cook over medium heat until thick. Add a little lemon juice. Let stand until cool and add the blueberries. This is to be a thick mixture.

**Crush** the graham crackers fine and add the sugar and butter. Blend together for the crust and place in the bottom of an 8X11 inch pan

**Mix** eggs, cream cheese, sugar and vanilla.

**Pour** this mixture over the crust.

**Bake** in a 375 degree oven for fifteen minutes.

**Let stand until cool.**

**Pour** the blueberry mixture over the crust.

**Top** with whipped cream and put in the refrigerator for several hours before serving. You can make this the day before you serve it.

This was made like this in the 50's and 60's. Today I substitute Wilderness Blueberry Pie mix.

*Blueberries were always a lot of fun to pick but they were even more fun to eat. The problem was that you could become so involved in picking berries that you lost sight of where you came into the woods and it was easy to get lost on cloudy days.*



## Blueberry Ice Cream sauce for the 4th of July

- 2 cups fresh blueberries
- 1/3 cup sugar
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract



### PREPARATION:

Wash and crush blueberries; add sugar, lemon juice and salt. Mix well. In a small saucepan, bring blueberry mixture to a boil. Boil 1 minute. Add vanilla. Chill.

**Serve over puddings, cake, or ice cream**

### Minnesota Memories...

*Whenever we found an exceptionally good berry patch we would mark it so that we could come back to it. The trick was to mark in such a way that you could see it from the road and that nobody else would notice it. We used to carry some strange objects in the car, like old rusted coffee cans that we would place in the ditch pointing the way to the berries.*

*We would fill our car trunk full of berries on a good day of picking.*

*Northern Minnesota berries were smaller but had a lot of flavor. The largest berries were found around Duluth near the bogs. They were easier to pick because of their size, but I never thought they were as tasty. One of my best memories was of a dog that used to go along when the women picked berries. He was a beagle named Scamp and he loved blueberries. You had to hide the pail or he would eat the entire thing. His nose was continually blue from sniffing up berries.*

## Old Fashioned Blueberry cobbler



- 2/3 cup sugar
- 2 tablespoons cornstarch
- 3/4 cup water
- 3 cups fresh or frozen blueberries
- 1 teaspoon melted butter
- 1 teaspoon ground cinnamon
- 1 cup sifted all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/3 cup milk
- 3 tablespoons melted butter

### Directions:

In a saucepan, combine sugar and cornstarch. Stir in water and bring this mixture to a boil; stirring constantly, boil for 1 minute. Add blueberries. Pour the new blueberry mixture into a 1 and 1/2 qt baking dish and sprinkle with cinnamon and sugar and 1 tsp of melted butter. Sift together the flour, baking powder, and salt. Pour milk and 3 tablespoons melted butter into a measuring cup; add to flour mixture all at once. Stir just until flour mixture is moistened and forms a ball. Drop spoonfuls onto the blueberries. Bake at 425° for 25 to 30 minutes. Great with ice cream or whipping cream.

***Did you know*** that the best time to pick wild blueberries in Minnesota is in the middle of July. When picking, always select the plump light gray-blue berries without any hint of red or green in them. The fastest

*way to pick is to hold the berry pail in one hand and strip the berries from the stem with the other. Usually the ripe ones fall into the pail and the others stay on the stem, however you will have to do some cleaning once you get home. Be sure that when you get home you let the berries breathe. Don't cover with saran wrap or allow moisture to get in the berries. Usually refrigerated berries keep around 2 weeks if you have not washed them. It is also a good idea to freeze them without washing so that they do not become mushy. Blueberries are great cancer fighters because of their antioxidant qualities. Blueberries were also used by the early pioneers and Indians to make paint or dye for objects and clothing.*

## Blueberry Jelly Roll

- 2 cups sifted flour
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 3 teaspoons baking powder
- 
- 1/4 cup shortening
- 1/2 cup milk
- 1 egg, beaten
- 1 cup blueberries
- 1/2 teaspoon grated orange peel
- 1/4 cup sugar
- 1/2 teaspoon cinnamon
- 

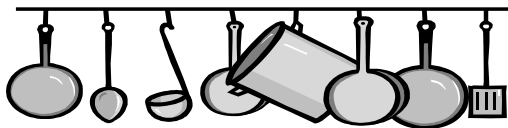


### PREPARATION:

**Sift** together the flour, 1 tablespoon sugar, baking powder, and salt. Cut in shortening. Add your milk and beaten eggs.

**Stir** just until flour is dampened. Knead dough for 30 second and then roll into a rectangular shape 1/2 inch thick. Top dough with blueberries. Combine 1/4 cup sugar, cinnamon, and orange rind; sprinkle evenly over blueberries. Roll up as for jelly roll; wet edges with a little water or milk to seal. Place roll in a well greased loaf pan

and bake at 400° for 30 minutes, or until nicely browned.  
Serves 6.



**Did You know:** *that the Minnesota Indians smoked blueberries to preserve them for winter. They also added them to meat and bear grease to make pemmican.*

## Freezer Blueberry Jam

- 3 cups blueberries, rinsed well
- 1 tablespoon lemon juice
- 5 1/4 cups granulated sugar
- 1 package powdered pectin
- 3/4 cup water
- **Directions:** Crush berries in a large bowl; add lemon juice. Stir in sugar and let stand for 10 minutes. In a saucepan, mix pectin and water; bring to a full boil. Boil, stirring constantly, for 1 minute. Mix pectin mixture into fruit. Stir for 3 minutes and then pour into freezer containers. Be certain you leave about 1/2 inch of expansion room. Let the filled freezer containers stand for 24 hours and then put in freezer. I like this, but be certain tops seal so you do not have a blueberry mess in your freezer.



## Fresh Blueberry Muffins

- 1/2 cup butter, softened
- 1 cup sugar
- 2 eggs, beaten
- 1/2 cup milk
- 2 cups flour
- 2 teaspoons baking powder





- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 cups fresh blueberries, (may use frozen)
- 2 tablespoons sugar, for topping

### **PREPARATION:**

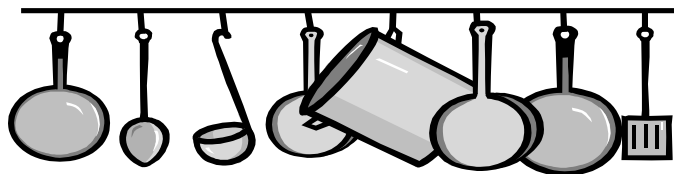
In a medium mixing bowl, cream together butter and sugar. Add eggs and mix well; stir in milk. Combine dry ingredients and add to the mixture; stir to combine. Gently fold in the berries and fill muffin cups about 2/3rds full. Dust with granular sugar. preheated 375 degree oven for about 20 minutes, or until lightly browned. Makes 1 dozen.

## **Blueberry Pudding cake**

- 2 cups blueberries, fresh or frozen
- 2 tablespoons lemon juice
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 3/4 cup sugar
- 1/2 cup milk
- 1 large egg
- 1/4 cup melted butter
- 1 teaspoon vanilla
- 1 cup sugar
- 1 tablespoon cornstarch
- 1 cup boiling water

**Directions:** Place blueberries and lemon juice in an 8x8-inch baking dish. In a medium mixing bowl, mix together flour, baking powder, salt, nutmeg, and 3/4 cup sugar. Beat in milk, egg, butter and vanilla. Spread over berries. Mix one cup sugar with corn starch and sprinkle over the batter. Pour boiling water over all. Bake at 350° for

40 to 50 minutes.



## Blueberry Lime Yogurt

1 large carton Lime low fat yogurt

1 pint of fresh blueberries

1 to 2 cups of Granola

Dream whip topping



Fill decorative glasses 2/3 full of lime yogurt. Add Fresh blueberries. Top with Granola and dream whip.

## Blueberry Crisp

- 6 cups fresh blueberries, washed
- 1/4 cup instant tapioca
- 1 tablespoon lemon juice
- 1 cup rolled oats
- 1/2 cup flour
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon salt
- 3/4 cup butter or margarine, melted
- 2/3 cup light brown sugar
- 1/3 cup granulated sugar
- **Directions:** Preheat oven to 350°. Combine the blueberries, tapioca and lemon juice in a large casserole dish. Mix well and let stand for at least 15 minutes. In a



separate bowl combine the remaining ingredients. Smooth the mixture over the. top of the berries, covering completely. Bake at 350° for 45 minutes

## Blueberry pancakes

- 2 eggs, separated
- 1 and 1/2 cups sifted all-purpose flour
- 2 and 1/4 teaspoons baking powder
- 3 tablespoons sugar
- 3/4 teaspoon salt
- 1 cup milk
- 3 tablespoons butter, melted
- 1 cup fresh or frozen thawed blueberries, rinsed



**Directions:** In a small bowl, beat egg whites until stiff; set aside. In a separate bowl, sift together flour, baking powder, sugar and salt. Beat egg yolks in a medium mixing bowl; add milk and melted butter. Stir egg mixture into dry mixture. Mix until the batter is smooth and then stir in the berries. Do not over mix. Fold in the beaten egg whites. Bake on hot greased griddle. Flip once when bubbles appear. Makes one dozen.

## Blueberry pie

- 1 and 1/4 cup sugar
- 1/3 cup all-purpose flour
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- Juice and grated zest from 1/2 medium lemon
- 5 cups fresh or frozen thawed blueberries, rinsed well
- **Directions:** In a large bowl combine sugar, flour, salt, cinnamon, lemon juice and grated rind, and blueberries. Roll out half of the pastry; line a 9-inch pie pan and trim edges. Pour the berry mixture into the pie crust. Roll out the remaining pie crust to 1/8 inch thick. Cover pie; trim,

turn edge under and crimp. Cut a few vents in top of crust to allow steam to escape. Bake at 425° for 40 minutes, or until crust is nicely browned



## Farmhouse Blueberry waffles

- 2 eggs, separated
- 1 1/2 cups milk
- 1/2 cup melted butter
- 2 cups sifted all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon sugar
- 1 cup fresh or frozen blueberries, rinsed



### PREPARATION:

In a small mixing bowl, beat egg whites until stiff; set aside. Beat egg yolks; add milk and melted butter. Sift dry ingredients together; add egg yolk mixture and mix until smooth and fold in the blueberries. Now mix in the stiff egg whites, being careful not to over-mix. Bake in a hot waffle iron following directions for you particular iron. The best waffles always have beaten egg whites. Makes about 6 blueberry waffles.

## Blueberry Cream Cheese muffins

- 2 cups cake flour
- 3/4 cup granulated sugar
- 1-1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 pinch salt
- 3 ounces cream cheese, cut in cubes

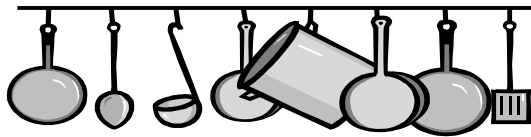


- 2 teaspoon lemon juice
- 2 teaspoon vanilla extract
- 2 Whole eggs
- 1/4 cup melted butter, hot, about 175°
- 1/2 cup milk
- 1 cup blueberries
- Paper muffin cup liners

**Directions:** Adjust oven rack to middle position and preheat oven to 350°. Line the cups of a muffin tin with 12 paper liners. Set aside.

Combine flour, sugar, baking powder, soda, and salt in a mixing bowl. Stir well; set aside. Using metal blade in food processor, process cream cheese, lemon juice, and vanilla in food processor until smooth. Add eggs and process 15 seconds. Scrape down side of container with a spatula. With processor running, pour hot melted butter through food chute gradually, but within 10 seconds. Process another 10 seconds. Add milk and process another 5 seconds. Add the dry ingredients to the container and mix with 4 to 6 half-second pulses. Add blueberries and fold in with a spoon. Pour an equal amount of batter into each muffin cup, filling each about 2/3 to 3/4 full. **Bake in preheated 350°** oven for 30 minutes. Cool on rack 15 minutes.

Makes 12 muffins. Using coarse sugar is a great topping for fresh muffins.



## Blueberry French Toast Breakfast Casserole

- 12 slices white bread, crusts removed
- 2 packages (16 ounces total) cream cheese
- 1 cup fresh or frozen blueberries, thawed
- 12 eggs
- 2 cups milk

- 1/3 cup maple syrup or other syrup
- .
- **Sauce:**
- 1/2 cup water
- 1/2 cup sugar
- 1 tablespoon cornstarch
- .
- 2 cups fresh or frozen blueberries
- 1 tablespoon butter



## PREPARATION:

**Cube** bread into 1-in pieces; place half in a greased 13- x 9-i x 2-inch baking dish.

**Cut** cream cheese into 1-inch cubes; place over bread. Top with blueberries and remaining bread. In a large bowl, beat eggs.

**Whisk** in milk and syrup, blending well. Pour egg mixture over bread mixture. Cover and chill 8 hours or overnight. Remove from refrigerator 30 minutes before baking. Cover with foil and bake at 350° for 30 minutes. **Uncover;** bake 25-30 minutes more or until golden brown and the center is set. In a saucepan, combine sugar and cornstarch; add water. Bring to a boil over medium heat; boil for 3 minutes, stirring constantly. Stir in blueberries; reduce heat. Simmer for 8-10 minutes or until berries have burst. Stir in butter until melted.

# Blueberry Morning Muffins

## INGREDIENTS:

- 1/4 cup butter, softened
- 2/3 cup sugar
- 1 teaspoon finely grated lemon peel
- 1 egg
- 1/2 teaspoon vanilla
- 1 1/4 cups blueberries
- 1 cup plus 2 tbsp cake flour, sifted
- 1 teaspoon baking powder



- 1/4 teaspoon salt
- 1/3 cup milk
- 1/4 cup chopped pecans, optional
- Topping:
- 1 teaspoon sugar mixed with 1/8 teaspoon ground cinnamon or ground nutmeg

### **PREPARATION:**

Preheat oven to 375°. In large bowl, cream butter, sugar, and lemon until light, about 4 to 5 minutes. Beat in egg and vanilla. Mash 1/4 cup of the blueberries and beat into batter. Whisk the flour baking powder and salt. Fold dry ingredients into batter, a little at a time, alternating with milk. Fold in remaining 1 cup blueberries and the pecans, if using. Spoon into 8 paper lined muffin cups. Sprinkle each muffin with the sugar and spice mixture. Bake until muffins spring back when lightly touched, about 20 to 25 minutes.

## **Blueberry Pie, version 2**

4 C fresh blueberries

¼ C tapioca

1 C sugar

1 T. lemon juice

1 T. butter or margarine

Preheat oven to 400°F. Mix fruit, tapioca, sugar and lemon juice in bowl; let stand for 15 minutes. Fill pastry-lined 9-inch pie plate with fruit mixture. Dot with 1 T. of butter or margarine. Cover with top crust and seal edges. Cut several slits to permit steam to escape. Bake 1 hour or until juices form bubbles



## **Blueberry Muffins:**

4 cups whole wheat flour,

1 teaspoon sea salt,  
1/3 cup raw sugar,  
1 tablespoon baking powder,  
1 tablespoon brewer's yeast,  
1 cup milk,  
approximately 1/4 cup soy oil, or canola oil  
2 eggs (lightly beaten),  
1 cup blueberries.



Preheat oven to 400 degrees.

In a mixing bowl, combine the flour, salt, sugar, baking powder, and yeast. Stir in enough milk to make a stiff dough. Stir in the oil, eggs, and blueberries. Spoon into oiled muffin tins so they are 2/3 full. Bake 30 minutes or until done. Makes about three dozen 2 inch muffins.

## Blueberry Syrup:

2 quarts blueberries, 4 cups sugar, 3/4 cups cold water.  
Mash fruit, sprinkle with sugar, cover and let stand overnight in refrigerator. Add water, bring to boil, and cook 20 minutes. Strain through cheesecloth. Heat to boiling point, pour into hot clean jars. Process 10 minutes in boiling water bath canner.

## Blueberry Casserole Bread:



2 cups sifted all purpose flour,

1 cup sugar,

1-1/2 teaspoons baking powder,

1/2 teaspoon baking soda,

1 teaspoon salt,

1 tablespoon grated orange rind,

1 cup grated sharp cheddar cheese,

1 cup fresh or frozen dry pack blueberries,

3/4 cup orange juice,

2 tablespoons shortening,

1 egg.



Combine flour, sugar, baking powder, baking soda, salt, orange rind, cheese, and blueberries. Add orange juice, shortening, and egg. Beat until smooth. Pour into a well greased 1-1/2 quart casserole dish. Bake at 350 degrees for 55-65 minutes or until bread feels firm to the touch. Serve spread with butter



## No-bake Blueberry Cheesecake

## CRUST

9 whole graham crackers  
1/2 cup old-fashioned oats  
3 tablespoons (packed) golden brown sugar  
1/8 teaspoon salt  
5 tablespoons unsalted butter, melted  
1 teaspoon vanilla extract



## FILLING

1/4 cup water  
1 tablespoon unflavored gelatin (measured from 2 envelopes)  
12 ounces Philadelphia-brand cream cheese, room temperature  
1 cup heavy whipping cream  
1 cup sugar  
1 tablespoon fresh lemon juice  
3 cups fresh blueberries

## TOPPING

1 cup chilled heavy whipping cream  
1 tablespoon sugar  
4 and 1/2-pint baskets blueberries  
2/3 cup blueberry jam



## Directions:

Preheat oven to 350 deg. F. Blend first 4 ingredients in processor until graham crackers are finely ground. Add butter and vanilla; process until moist crumbs form. Press crumb mixture onto bottom and 1 inch up sides of 9-inch-diameter spring form pan. Bake crust until deep golden brown, about 12 minutes. Cool.

## Directions For Blueberry Cheesecake filling:

Pour 1/4 cup water into small saucepan; sprinkle gelatin over. Let stand 10 minutes. Stir over very low heat just until gelatin dissolves. Set aside.  
Blend cream cheese, cream, sugar, and lemon juice in

processor until smooth. Add berries; puree until smooth (some blueberry bits will remain). With machine running, add warm gelatin mixture through feed tube and blend well. Pour filling into crust. Cover; chill overnight. (Can be made 2 days ahead. Keep chilled.) Run knife around pan sides to loosen cake. Release pan sides. Transfer to platter.

**For topping:**

Beat cream and sugar in medium bowl until firm peaks form. Spread cream mixture thickly over top of cheesecake. Place berries in bowl. Heat jam in small saucepan over low heat until just melted. Pour jam over berries; toss to coat. Mound coated berries in center of cream, leaving 1-inch plain border. Chill cake at least 1 hour and up to 1 day.

Makes 10 servings.

## Blueberry Breakfast

4 quarts fresh blueberries	1 cup apple juice
3/4 cup honey	1/2 Cup lemon juice
1 TBSP grated lemon peel	2 tsp. Ground cardamom
1 cup vanilla yogurt	

In a blender or food processor, combine blueberries, apple juice, honey, lemon juice, lemon peel and cardamom; strain through a fine sieve.

Chill mixture. Serve soup in chilled large wine glasses or bowls, with a swirl or dollop of yogurt, and cardamom sugar cookies, if desired. Serves 8



## French Blueberry dessert

Preheat oven to 325. Butter an 11 " deep dish pie plate or shallow

medium baking dish.

Mix together in blender or mixer

1 C milk  
3 eggs  
1/2 C flour  
1 tablespoon sugar  
2 tsp vanilla



Put 3 cups. blueberries in buttered dish and sprinkle with 1/4 c sugar.

Pour batter over and bake 30 min.

Serve warm with cream or ice cream. Serves 6.

This French dessert can also be made with lots of different fruits, such as blackberries, apples, strawberries, etc

## Chilled Blueberry Soup

1 tablespoon cornstarch  
2 cups cold water, divided  
2 1/2 cups fresh blueberries, cleaned  
3 tablespoons sugar  
1 1/2 cups Marsala wine  
1/2 cup nonfat sour cream or yogurt



Mix cornstarch with 1/4 cup of the cold water. In a saucepan combine blueberries, cornstarch, remaining water, sugar, and wine. Cook over low heat until blueberries are soft, about 15 minutes. Mix in blender or food processor until berries are smooth. Chill well in refrigerator. Before serving, stir in sour cream or yogurt; ladle into chilled bowls. Makes 6-8 servings.

# Blueberry Bread

- \* 3 cups all-purpose flour
- \* 1 cup sugar
- \* 1 tablespoon baking powder
- \* 1/2 teaspoon salt
- \* 1/4 teaspoon baking soda
- \* 1 egg, beaten
- \* 1 2/3 cups milk
- \* 1/4 cup vegetable oil
- \* 1 teaspoon vanilla extract
- \* 1 teaspoon grated lemon peel
- \* 1 1/2 cups fresh or frozen blueberries
- \* 1/2 cup chopped pecans



Grease and flour a 9x5x3-inch loaf pan; set aside.

In a medium bowl, mix together the flour, sugar, baking powder, salt, and baking soda. Make a well in the center and set aside.

In a large mixing bowl, combine beaten egg, milk, vegetable oil, and vanilla extract; add to the well in dry ingredients. Stir just until batter is moistened.

Fold in lemon peel, blueberries, and chopped pecans. Spoon into prepared loaf pan. Bake at 350° for 60 to 75 minutes, until a wooden toothpick comes out clean when inserted in the center of the loaf. Cool blueberry bread in pan on a rack. For best flavor, wrap and store overnight.

This is very good with blueberry cream cheese spread or with plain cream cheese and nuts.



# Very Blueberry Cheesecake

Yield: 10 Servings

1 1/2 Cup vanilla wafer crumbs  
1/4 Cup margarine, Melted  
1 envelope unflavored gelatin  
1/4 Cup cold water  
16 oz cream cheese, softened  
1 TBSP lemon juice  
1 tsp grated lemon peel  
7 oz. (1 jar) Marshmallow Cream  
3 Cup Dream whip or equivalent  
2 Cups Blueberries Frozen or Fresh



Combine crumbs and margarine, press onto bottom of 9-inch spring form pan. Chill.

Soften gelatin in water, stir over low heat until dissolved.

Gradually add gelatin to cream cheese, mixing at medium speed on electric mixer until well blended.

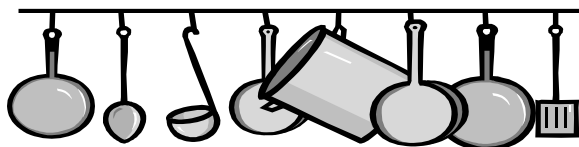
Blend in juice and peel.

Beat in marshmallow Cream fold in whipped topping.

Puree blueberries; fold into cream cheese mixture.

**Chill until firm.**

**Garnish** with additional frozen whipped topping, thawed, and lemon peel.



## Blueberry Butter for Scones

1 and 1/2 cup fresh or frozen blueberries  
1 cup unsalted butter

1/2 cup powdered sugar

Wash the berries and let them dry on a paper towel

Allow the butter to come to room temperature so it will soften.

Chop the berries and add to the butter, along with powdered sugar.

Mix well

with a blender and refrigerate or freeze.

## Fresh Blueberry Topping

2 C unsweetened pineapple juice

3 T. tapioca

2 C blueberries

Bring pineapple juice and tapioca to a boil. Cook until clear. Stir in blueberries (mashed or whole) and reheat.

Serve over pancakes or waffles.

## Blueberry Vinegar



In a blender container, combine 1 cup fresh or frozen blueberries, 1/2 cup sugar and 2 cups white wine vinegar. Blend until puréed; strain. Refrigerate until ready to use



# Blueberry Salad



1/2 C sliced red onions

3/4 tsp Kosher or sea salt

8 dried or fresh apricot halves

5 T Olive oil

2 Tbsp of Blueberry vinegar

1 cup fresh blueberries

2 Cups of Arugula (lettuce)

In a bowl, combine onion and salt; let stand at least 2 hours (can be prepped and refrigerated up to 3 days).

Preheat broiler or grill. If using dried apricots, place in a bowl and cover with boiling water; let stand for 5 minutes; drain. Arrange apricot halves on a broiler pan, skin side up; brush with 1 tablespoon of the olive oil. Broil until skins begin to brown, about 3 minutes. Cool; cut in 1/4-inch slices; set aside.

To prepare blueberry dressing: In a cup, whisk the remaining 4 tablespoons olive oil and 2 tablespoons of the Blueberry Vinegar.

Rinse salted onion; drain. In a bowl, toss arugula with half of the blueberry dressing; arrange on four serving plates. In the same bowl, combine blueberries and onion; toss with the remaining dressing; arrange on serving plates, dividing equally. Garnish with apricot strips.



# Blueberry cookies

1 cup of butter softened

1/2 cup of sugar

1 large egg

3 TBSP milk divided

3 tsp. of vanilla extract divided

1/4 tsp of almond extract

2 and 2/3 Cup of flour

6 TBSP seedless blueberry jam

1/2 cup powdered sugar



Beat butter and sugar together until fluffy. Add eggs and 2 TBSP of milk, 2 tsp of vanilla and almond extract. Gradually add 1 and 1/2 cups flour. Beat at low speed until blended and stir in the remainder of flour with a spoon. Form dough into a roll. Wrap and refrigerate till firm. Preheat oven to 375. Cut dough into 6 equal parts. Rewrap 3 of these and return to refrigerator to chill. With floured hands shape each of the remaining three into three 12 inch ropes. Place the ropes 2 inches apart on cookie sheet. Make lengthwise 1/4 inch deep groove down the center of each rope. Ropes will flatten to about 1/2 inch thick. Bake 12 minutes. Remove and spoon 1 TBSP of jam into each groove. Return to oven for 7 min longer. Cool 15 min on cookie sheet. Now combine powdered sugar, milk and vanilla. Drizzle over strips. Cut strips at 45 degree angle. Repeat with dough in refrigerator.



## Other Minnesota Berry Recipes

Blackberries

Currants

Pin cherries

Gooseberries

Elderberries

Wild Grapes

Wild Plums



# Currant Recipes

*A currant is a low shrub, 2 to 5 feet high, with smooth stems except for the swamp black currant. It is found in moist places, cool woods, and thickets. The fruit is very sour, round, smooth, and ranges in color from pink to dark red. It ripens in late June and July. It can be used for jelly and jam.*

## Currants and Noodles.

1/2 cup currants  
1 1/3 cups sour cream  
1 1/3 cups cottage cheese  
3 large eggs  
1/2 cup sugar  
5 tablespoons unsalted butter, melted  
1 tablespoon freshly grated orange zest  
1 teaspoon vanilla  
1/2 teaspoon cinnamon  
1/4 teaspoon salt  
1/2 pound wide egg noodles  
1 large Granny Smith apple  
1/3 cup sliced blanched almonds



### Directions:

In a small bowl soak currants in hot water to cover 5 minutes and drain well.

In a blender blend together sour cream, cottage cheese, eggs, 1/4 cup plus 2 tablespoons sugar, 3 tablespoons butter, zest, vanilla, 1/4 teaspoon cinnamon, and salt until smooth.

### **Continued directions for Currants and noodles**

Preheat oven to 350°F. and butter a 2-quart gratin dish or other shallow baking dish.

In a kettle of salted boiling water cook noodles until just tender, about 5 minutes, and drain well. Peel apple and grate coarse into a bowl. Add noodles and toss with sour cream mixture and currants. Transfer mixture to prepared dish.

In a small bowl stir together remaining 2 tablespoons sugar, remaining 1/4 teaspoon cinnamon, and almonds and sprinkle evenly over kugel. Drizzle top with remaining 2 tablespoons melted butter.

Bake kugel in middle of oven 40 to 45 minutes, or until cooked through and golden.

Serves 6 to 8 as a side dish or dessert.

## **Cornish Hens and Currants**

### **Cornish Hens:**

8 Cornish hens  
Wild Rice Dressing (recipe follows)  
1 1/2 tsp. salt  
1/4 tsp. pepper  
1 1/2 C (3/4 lb.) butter, melted (or less)  
1/2 C bourbon  
8 TBSP currant jelly, melted



### **Wild Rice Dressing:**

1 C wild rice (Uncle Ben's wild rice works well)  
6 to 8 C water  
1 tsp. salt  
1 C white rice (regular)  
1/4 C (4 TBSP) butter  
1 medium onion, chopped  
4 (4 oz.) cans mushrooms, drained, or 1/2 lb. sliced fresh mushrooms  
1/3 C slivered almonds

# Cornish Game Hen Giblet

## Gravy:

giblets (from Cornish hens)

1 tsp. salt

2 C water

1 carrot

1 onion

2 stalks celery

2 TBSP flour



## Cornish Hens:

**Preheat oven to 425 degrees.** Wash hens thoroughly. Fill breast with Wild Rice Dressing and fasten neck skin on underside with toothpick or skewer. Stuff cavity and lace with string and skewers. Bend wings into triangles and tie legs together at end joints. Place hens on a shallow baking sheet, breast side up. Mix salt and pepper with 1/2 cup butter and pour over them. Place in a 425 degrees oven. Roast for 20 minutes, basting 3 times with bourbon mixed with remaining cup of melted butter. Reduce heat to 350 degrees and roast for 30 minutes. If drippings evaporate, add a bouillon cube dissolved in 1 cup water. Be certain to baste regularly so that the fowl is juicy. Pour melted currant jelly over the hens during the last half hour of roasting for a higher glaze. Reserve pan drippings to make Giblet Gravy.

**Wild Rice Dressing:** Wash wild rice thoroughly. Pour into boiling, salted water. Cover. Cook 15 minutes and add the white rice. Cook 30 minutes longer; drain. Melt butter and sauté onion and mushrooms for about 5 minutes. Stir in slivered almonds and then the cooked, drained rice. Stir until evenly mixed. Use as dressing for Cornish hens.

**Giblet Gravy:** Simmer giblets for about 1 hour with combined ingredients, except flour. Strain, reserving stock. Chop giblets coarsely. Mix flour with 1/2 cup stock and then mix with remaining stock, pan drippings, and chopped giblets. Heat.

Note: Instead of using flour, you can mix 1 tablespoon of cornstarch with 4 tablespoons of cold water.

## Wild Currant Chutney

5 cups wild currants or gooseberries

- 2 cups raisins
- 1 1/2 cups apple Juice
- 2 medium-size red onions, chopped
- 1 cup of red wine vinegar
- 1 cup water
- 3 tablespoons peeled and chopped fresh ginger
- 1/4 cup freshly ground yellow mustard seeds (2 tablespoons seeds)
- 2 teaspoons chili paste or 1/2 teaspoon cayenne pepper
- 1 tablespoon mellow (light-colored) miso
- 1/2 teaspoon turmeric
- 1/2 teaspoon freshly ground coriander seeds

Combine all the ingredients in a large saucepan and bring the pot to a boil over medium heat.

Reduce the heat to low and simmer, uncovered, until thickened, about 35 minutes, stirring occasionally.

Wild Currant Chutney will keep, tightly covered, in the refrigerator for 7 to 10 days.



# Blueberry-Currant Jam

1 quart stemmed blueberries  
1 cup water  
2 cups stemmed currants  
1 cup water  
3 cups sugar

Add blueberries and 1 cup water; cook slowly 5 minutes. In another pan, add currants and 1 cup water; cook slowly 10 minutes; press through a sieve or food mill.

Add currant pulp to blueberry mixture; cook rapidly 5 minutes. Add sugar. Cook rapidly until thick, about 20 minutes stirring frequently. Pour hot mixture into hot jars, leaving 1/4 inch of space at top of jar. Adjust lids. Process 15 minutes in boiling water bath.

## Golden Currant Recipes

**Blossoms:** late April to mid May

**Ripens:** late July to August

This fruit is globe-shaped and about 1/4 inch in diameter, growing single along the stem. When ripe, currants vary in color from red to black. Currants are high in natural pectin.

## Currant Jelly and Jam

3 quarts fresh currants  
2 cups water  
3 cups sugar

Boil until thick and keep in refrigerator.



## Blueberry-Currant Jam 2

1 quart stemmed blueberries  
1 cup water  
2 cups stemmed currants  
1 cup water  
3 cups sugar

Add blueberries and 1 cup water; cook slowly 5 minutes. In another pan, add currants and 1 cup water; cook slowly 10 minutes; press through a sieve or food mill. Add currant pulp to blueberry mixture; cook rapidly 5 minutes. Add sugar. Cook rapidly until thick, about 20 minutes stirring frequently. Pour hot mixture into hot jars, leaving 1/4 inch head space. Adjust lids. Process 15 minutes in boiling water bath.

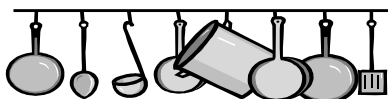
## Currant-Rhubarb Jam

1 1/2 pounds frozen rhubarb (1 quart)  
1 pound currants (1 quart)  
1 package pectin  
8 1/2 cups sugar

Remove stems and tails from currants; combine with thawed, chopped rhubarb. Mash thoroughly in a kettle, add pectin, and stir until dissolved. Heat to boiling. Add sugar, stirring constantly. Bring to a full, rolling boil, and continue stirring. Boil for 4 minutes. Remove from heat, skim off foam, pour into sterilized jars, seal and process in a boiling water bath for 10 minutes. Yields six 8-ounce jars.







## Spiced Currant Jelly

2 1/2 pounds currants (mashed and cooked till soft, strain out juice)

2 tablespoons stick cinnamon

1/2 teaspoon whole cloves

Place in a small cheesecloth bag. Boil spices in juice for 10 minutes, then remove the spice bag. For each cup of juice, add 3/4 cup sugar. Boil to jelly stage. Pour into hot, sterilized jars. Process in hot water bath for 10 minutes. Yields six 8-ounce jars.

## Currant Pie

(this can be used with gooseberries too)

Pastry for a 2 crust pie

4 cups black currants



Cut off stems and blossom ends of the currants. Roll out a pie crust and arrange it in a pie pan. Place berries in pie pan on top of crust. Mix 2 cups sugar, 2 tablespoons flour or cornstarch, and 1 teaspoon nutmeg. Sprinkle over currants. Put on top crust or lattice crust.

Bake at 375 degrees for 45-50 minutes. Put a cookie sheet under the pie pan, since the juices usually run over if a top crust is used.

For less intense flavor, or if you only have 2 cups of currants, fill out with 2 cups sliced apples. Apples extend gooseberries and currants very well.

There are three different types of currants. Some are black, some red and some white. The ones I am the most familiar with are the black ones, which are sometimes called Hudson Bay currants. They grow on tall upright shrubs. The leaves are maple-leaf shaped, with three to five broadly pointed lobes. The fruits are tiny and black, with a whitish waxy coat, and grow in clusters. They are somewhat bitter, so are not a popular berry for humans to eat without processing into jelly or jam. Bears, on the other hand, love them. So watch out for the bear!

## Currant Punch

Sweeten hot currant juice to taste, stirring to dissolve sugar. Cool. Add club soda or ginger ale at serving time. Other fruit juices may be combined with the currant for a flavorful punch. For a special touch, add a scoop of ice cream at serving time.

***Did you Know?*** *Currents were really popular years ago and while many people have current shrubs in their yards, few people have ever tasted a current. Currents are used mainly for Jelly and wine, although many people make current pie. Currents are high in vitamin C and Current juice makes a great breakfast drink.*

*Too often people confuse currents with grapes. The Current we see in Minnesota is a member of the same family of plants that the gooseberry is a member of. When working with currents remember that the tart flavor does require quite a bit of sugar to bring out its qualities. One of my favorite beverages is currant tea, which was used extensively in the old days.*

# Blackberry Tea

Twelve wild black currant herbal tea-bags

Two 3 inch sticks of cinnamon broken in half

1 TBSP packed minced fresh peeled ginger

1/4 cup sugar

Ice cubes

Eight sticks of Cinnamon

Bring 6 cups of water to boil in a large saucepan. Add tea bags and broken cinnamon sticks and the fresh ginger. Remove from heat. Cover and steep for 10 minutes. Mix in juice concentrate and sugar. Chill and serve when cold. This is a great summer drink!



# Pork Chops with black currant sauce

4 center-cut pork chops (1" thick)

1/4 C black currant jam (not jelly)

1-1/2 TBSP Dijon mustard

1/3 C white wine or white wine vinegar



## Directions:

Mix together jam and mustard. Brown meat in frying pan. Spoon jam mixture over meat, cover and cook 20 minutes or until meat is cooked. Remove meat to serving plate and keep warm. Add wine/vinegar to pan juices, reduce to desired thickness and pour over meat. Serves 4.

# Gooseberry Pie

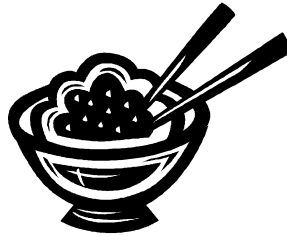
Pastry for 2 - 9" pie crusts  
3 cups gooseberries  
2 cups sugar  
3 tbsp quick-cooking tapioca  
1 tsp cinnamon  
2 tbsp butter or margarine



Prepare pastry. Stem and rinse berries. Crush 1/2 cup berries; combine sugar, tapioca, and salt and mix with crushed berries. Cook and stir until mixture boils; cook 2 minutes. Remove from heat, add remaining whole berries. Pour into pastry. Adjust top crust , cut slits for escape of steam. Brush with milk and sugar. Bake at 400 degrees for 35 minutes.

# Gooseberry Crunch

Crumb Topping:  
1 cup flour  
3/4 cup rolled oats  
1 cup packed brown sugar  
1/2 cup soft butter  
1 tsp cinnamon  
3-4 cups gooseberries  
1 cup sugar  
2 tbsp cornstarch  
1 cup water  
1 tsp vanilla



Mix together crumb topping until crumbly. Press half of crumbs into 9" greased pan. In saucepan combine sugar, cornstarch, water and vanilla. Bring to boil, add fruit and cool until clear and thick. Pour over crumb mix and top with remaining crumbs. Bake in 350 degree oven for 45 minutes or

until browned. Cut in squares, serve with whipped cream.

## Gooseberry Bars

1 cup flour  
1/4 cup powdered sugar  
1/2 cup butter  
3/4 cup chopped pecans  
1 can Oregon Gooseberries  
1 cup sugar  
1 1/2 tablespoons cornstarch

Cool Whip (optional )

Preheat oven to 350 degrees. Combine flour, powdered sugar and pecans, cut in butter with a pastry blender until mixture resembles coarse meal. Press mixture evenly into a 9-inch square pan. Bake for 15 minutes. In a saucepan, combine gooseberries, sugar and cornstarch. Cook until thick. Pour over baked crust. Cool. Serve with Cool Whip.

## Gooseberry ribs

1 can Oregon Gooseberries or fresh berries  
1/4 cup minced onion  
1 clove garlic, minced  
2 tablespoons each soy sauce and packed brown sugar  
1 tablespoon lemon juice, salt to taste  
1 teaspoon each dry hot mustard and cornstarch  
1/8 teaspoon pepper, may add cayenne or hot sauce  
3 to 4 pounds small beef rib bones

Combine gooseberries, including syrup, onion, garlic, soy sauce, brown sugar, lemon juice, mustard, cornstarch, pepper and cayenne. Sprinkle ribs with salt. Place ribs in shallow baking dish and pour gooseberry mixture over all. Refrigerate, covered, overnight. Turn once during marinating period. Bake at 375 degrees for 15 minutes on each side; brush generously with remaining marinade during baking. Makes about 8 servings.



**Did you know?** Gooseberries are common in the United States. However, it is mainly in the U.S. that the berries are picked and used before they ripen, literally green. Hence the berries' reputation for being sour. Eaten when red, gooseberries have a tart-sweet flavor and if used in dishes in this stage do not require as much sugar as their under-ripe green counterparts.

## Gooseberry Cobbler recipe

1 pound of Gooseberries prepared for cooking

1/2 cup of sugar

Topping:

1 cup of self rising flour

1 ounce of margarine

4 TBSP milk and extra for brushing top

1 and 1/2 ounce of red glace cherries

3/5 cup of blanched almonds chopped

2 TBSP of sugar



**Directions:** Place the gooseberries in a saucepan with the sugar. Cook gently. Stir occasionally until the fruit appears soft. Transfer to an oven proof dish. Set your oven for 425 degrees. Sift the flour into a bowl and rub in the margarine until the mixture resembles fine corn meal. Stir in enough milk to make a soft dough. In a small bowl mix the cherries with the almonds and

sugar. Turn the dough out and knead into a ball. Make a 15 inch square and spread the cherry almond mixture over the top leaving a half inch border. Brush the edges of the dough with milk and roll up to enclose the filling. Cut this roll into 8 parts and arrange over the gooseberries. Bake 15 minutes and serve

Put the gooseberries in water and cook gently until the gooseberries are done and soft enough to mash. Put them through a sieve or food mill and add sugar to taste. Fold the gooseberry puree through the whipped cream. Chill for several hours

### **Did you Know?**

Gooseberries are deciduous shrubs. They grow fast and can be 3 feet tall and 6 feet wide. The problem is that the plant roots from weeping stems that touch the ground so it can be invasive.

The Fruit of the gooseberry has many seeds in the center. The berry itself comes in many colors and we always picked the green ones. Most of the time the berries are slightly smaller than a wild plum and perfectly round. When they are mature they are pink or wine in color.

My grandmother used to make Gooseberry pie and it was a favorite dessert of my father.

# June berry Jam

Wash berries and put through coarse food chopper. Measure 4 cups pulp, and add water just to cover in large pan. Boil gently. Add:

- Juice of 2 lemons or 2 tablespoons bottled juice
- 2 oranges -- first grated and then cut up into small pieces
- 3 cups sugar

Boil about 20 minutes. Pour into hot sterilized jars and seal with two-piece self-sealing lids. Adjust lids and process in a boiling water bath canner for 5 minutes at altitudes from 0 to 1,000 feet or for 10 minutes at altitudes from 1,001 to 6,000 feet.

**Approximate yield:** 5 to 6 half-pints



**Did you know?**

June berries contain all that's essential for an edible landscape plant. It transplants easily, especially when container grown. When given a place to grow in sun or partial shade with no competition from weeds or lawn, it will continue growing as if never disturbed. It readily blends in with other plants since the different varieties have differed sizes.

Great with Morning





Coffee!

## HEALTHFUL OATMEAL-JUNE BERRY MUFFINS

- 1 cup quick cooking oatmeal
- 1/2 cup brown sugar
- 1 cup buttermilk
- 1 egg
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/3 cup vegetable oil
- 3/4 cup June berries, fresh or frozen

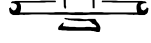


Combine oats, sugar, buttermilk and egg. Stir briskly, let stand five minutes. Add sifted flour, salt, baking powder and soda, stir to combine. Add oil, stir well. Add June berries, stir. Place in paper baking cups in muffin tins. Bake in a 375 degree oven for about 15 minutes.

## June berry Cake

- 1 box butter recipe yellow cake mix
  - 3/4 C butter
  - 1 C finely ground pecans
  - 1 C quick-cooking oatmeal
  - 1 T. cinnamon
  - 1 1/2 C fresh or frozen June berries
- Preheat oven to 350°. Mix first five ingredients until crumbly. Put





half the mixture in the bottom of a 13- by 9-inch baking pan (sprayed with cooking oil) and pat down. Distribute huckleberries over bottom layer. Sprinkle remaining crumb mixture over the top and pat lightly. Bake 30 minutes or until lightly browned.

## Elderberry Frozen Cream

Elderberries (destalked)  
Sugar  
Juice of 1/2 a lemon  
Heavy whipping cream  
2 Egg whites

First pick your elderberries. The easiest way is to snip off whole bunches, and then strip the individual berries off using the prongs of a fork at your leisure

Put the berries into a saucepan with a little water, a sprinkling of sugar and the juice of half a lemon. Add sugar slowly; you can always add more later if you need to.

With a lid on the saucepan, gently simmer for about 45 minutes, or until the berries have gone very soft. Leave to cool, and then push the berries through a sieve, discarding the pips that remain. This will leave a rich elderberry syrup. Taste it, and add more sugar if required. To give you an idea, I had about a pint of syrup at the end.

Whip half a pint of heavy cream until it stands in peaks, and in a separate bowl whisk two egg whites until they are stiff enough to tip the bowl upside down.

Fold the cream, egg whites and elderberry syrup together gently, until the whole mixture is a uniform lurid purple. Pour into a suitable freezer container - I used a Pyrex glass bowl. Then stick it into your freezer.



## Elderberry Jam

2 quarts elderberries with stems removed  
2 cups water  
1 box pectin  
5 cups sugar

In a sauce pan simmer the elderberries in the water until berries are soft.

Strain through a cloth.

Be sure you have  $3\frac{1}{2}$  cups of juice; if not, pour a little water through the crushed berries.

Return the  $3\frac{1}{2}$  cups juice to pan.

Add pectin to the juice and bring to a boil.

Stir in the sugar and bring to a full rolling boil.

Boil for 1 minute.

Remove from heat, skim and pour into hot sterilized jars.

Seal with hot paraffin immediately.



## Elderberry bread

### INGREDIENTS

3  $\frac{3}{4}$  cups rye flour and 1 and  $\frac{1}{3}$  cups barley flour, or 1  $\frac{1}{3}$  any whole-grain flour  
5 tablespoons freshly ground flaxseeds

1 tsp. baking soda  
1/2 teaspoon salt  
3 1/4 cups apple juice or other unsweetened fruit juice  
2 tablespoons corn oil

1 teaspoon coconut extract (optional)  
1 teaspoon amaretto extract (optional)  
2 cups elderberries  
1 cup granola  
1 cup shelled raw sunflower seeds  
1 cup unsweetened shredded coconut  
2 tablespoons lecithin granules  
1 teaspoon ground cinnamon



1. Preheat the oven to 350 degrees.
2. Mix the flour, ground flaxseeds, baking soda, and salt in a large bowl. 3. In a medium-size bowl, mix together the apple juice, liquid stevia or other sweetener, lemon juice, corn oil, and extracts. Mix the wet into the dry ingredients, being careful not to over mix. Stir in the elderberries, granola, sunflower seeds, coconut, and lecithin.
4. Press the dough into 2 oiled 8 1/2 x 4 1/2 x 2 1/2- inch bread pans. Sprinkle the cinnamon on top. Set a pan of hot water on the bottom of the oven to keep the crust soft. Bake the loaves until a toothpick inserted in the center emerges clean, about 1 hour.
5. Remove the loaves from the oven and let them cool on a wire rack before slicing.

MAKES 2 LOAVES

## Elderberry Cordial

Elderberries (still on stalks)  
Sugar  
Cloves



Pick the fruit on a dry day and stew with the stalks in a large stainless steel saucepan, with just enough water to cover.

Strain through muslin squeezing to get all the juice.

To each pint of juice add 1 lb (of white granulated sugar and 10 cloves.

Boil for 10 minutes.

Allow to cool and bottle in sterile bottles with good quality plastic screw-on tops making sure you distribute the cloves evenly amongst the bottles (they act as a preservative).

The cordial can be used immediately, and will keep well for a year or two.

Taken with hot water it is renowned as a guard against colds, and a glass a day through winter is a wise precaution..

## Elderberry wine

3 pints elderberry flowers stems removed.

11 liters water

10 pounds sugar

2 pounds raisins

Juice of 3 oranges

Juice of 1 lemon

1 pkg. wine yeast



Wash and drain elder flowers and put in primary keg to ferment.

Make a syrup of water and sugar, pour it hot over elderflowers, cover and allow to cool.

Mix orange and lemon juice with the yeast, add the liquid, cover and let stand for 10 days.

Strain and add the raisins.

Cover and let stand for 4 months.

Bottle the wine and store in a dark place for 6 months before using.

### **Did you Know?**

The common or American elderberry is a shrub growing from 4 to 12 feet tall. It is found in moist soils along roadsides, ditches, streams, and in fields. It has creamy clusters of tiny star-shaped flowers that become round, purplish-black berries in late summer and early fall. The fruit is used for jelly, pies, and wine.

## **Cinnamon and Tea Poached Plums**

1 c Water  
2 Tea bags (Earl Grey)  
1/3 c Sugar  
1 small stick of cinnamon



Plums halved and pitted

In a 12-qt. saucepan, boil the water and then steep the tea in it for 5 minutes. Discard the tea bags and add sugar and cinnamon stick. Bring to a boil and add the plums. Lower the heat, cover and simmer for 3-4 minutes, or until the plums are tender but firm. Lift out the plums with a slotted spoon and transfer to a serving dish. Reduce the sauce by boiling for 5 minutes, then strain the sauce over the plums. Serve over pudding or ice cream.

## **Cold Plum Soup**

1 lb of plum halves



1 cup sugar

1/4 tsp White pepper

1 pinch Salt

1 Cup Sour cream

1/2 Cup Heavy cream

1/2 Cup Dry red wine

1 TBSP Cornstarch

2 TBSP Lemon juice

1 tsp Grated lemon rind

3 TBSP Brandy

1 cinnamon stick



Pit and chop plums, combine with syrup in a saucepan. Add water, sugar, cinnamon, salt and pepper. Bring to a boil, reduce heat, simmer 5 minutes stirring occasionally. Mix wine and heavy cream with cornstarch, add to mixture and cook until thickened. Stir in lemon juice, rind and wine, remove from heat. Place 1/2 cup soup in small bowl, whisk in sour cream. Add brandy and stir mix back into the soup pan until smooth. Chill at least 4 hours. Serve in cups, garnish with dollops of sour cream and sprinkle with cinnamon.

## Plum Cake

1 Cup Butter, sweet

1/4 Cup Sugar

3/4 Cup Sugar, brown, dark

2 large Egg

1 tsp Vanilla extract

2 and 1/2 Cups Flour

2 tsp Baking powder

1 tsp Baking soda

1/2 tsp Salt

2 tps. Cinnamon, ground

16 oz Purple plums, canned



Sugar, confectioners

Drain plums well, reserve syrup and chop plums.

Preheat the oven to 400 F. In a large mixing bowl, beat the butter until creamy and light, then gradually add the sugars, beating until creamy and smooth. Beat in the eggs, then the vanilla. Sift all dry ingredients together; stir into the butter mixture, alternating with 1/2 cup of the reserved syrup, beginning and ending with dry ingredients. Stir in the plums. Pour the batter into a greased 9" x 13" baking pan. Bake for 25 to 30 minutes, or until a toothpick tests clean. Turn the cake out of the pan and cool on a wire rack. Dust with confectioners' sugar.

## Wild Plum Jam

6 cups wild plums  
1/2 cup of water  
8 cups sugar  
1 box of fruit pectin



Pit and chop plums. Add water; simmer 5 minutes. Measure prepared fruit in 6 or 8 quart sauce pot. Measure sugar, set aside. Stir pectin into prepared fruit. Bring to a full boil over high heat, stirring constantly. Add sugar; return to a full, rolling boil. Boil hard one minute, stirring constantly. Remove from heat. Skim foam if necessary. Carefully ladle into hot jars, leaving 1/2 inch headspace. Adjust caps. Process all jam 10 minutes in a boiling water canner. Remove jars from canner. Let jam cool 12 to 14 hours. Check lids for seal by pressing down on the center of the lid. If the lid springs up, it has not sealed and should be refrigerated or reprocessed immediately for the full length of time, with a new lid. Remove bands, and clean exterior of jars and lids. Store jam in a cool, dry, dark area for up to one year.





# Pork Chops with Plum Salsa

1 cup of plums , pitted and cut into 1/2 inch chunks  
1 medium size mango, peeled and cut into 1/2 inch chunks  
1 small red onion, chopped fine  
1 to 2 medium size jalapeno peppers, seeded and chopped fine  
1/4 cup chopped fresh cilantro  
1 tablespoon fresh lime juice  
1/2 teaspoon ground coriander  
1/4 teaspoon salt

2 teaspoons ground coriander  
1/4 teaspoon paprika  
1 teaspoon salt  
1/4 teaspoon ground black pepper

4 1 inch thick boneless pork chops, about 6 ounces each, trimmed of visible fat



Make the salsa: In a medium size bowl, mix the plums, mango, onion, jalapenos, cilantro, lime juice, coriander and salt until well blended. Refrigerate until ready to use. In a small bowl, mix the coriander, paprika, salt and pepper until blended. Rub the mixture over the pork chops. Wrap airtight and refrigerate for at least 30 minutes. Heat a gas grill to medium high, prepare a charcoal fire, or heat a broiler. Place the chops on a lightly oiled grill rack or broiler pan rack. Grill or broil 4 to 6 inches from the heat source for about 10 minutes, turning once, until browned on both sides. Transfer the pork chops to serving plates and serve right away with the plum salsa alongside.

4 to 6 ounce package long grain and wild rice mix  
2 cups cooked boneless chicken breast cubes  
1/2 cup sliced green onions  
4 plums, sliced  
2 tablespoons vegetable oil  
2 tablespoons lemon juice



1 tablespoon soy sauce  
1/2 teaspoon ground ginger

Prepare rice mix as directed; cool to room temperature. Combine rice, chicken, green onions and sliced plums in large mixing bowl. To prepare dressing, combine oil, lemon juice, soy sauce and ginger; pour over rice mixture and toss lightly. Chill until served. 6 servings.

## Plum Glazed Chicken

16 ounces plums, pitted and cut into bite size pieces  
2 tablespoons margarine  
1 onion, finely chopped  
1/3 cup brown sugar  
1/4 cup prepared tomato based chili sauce  
2 tablespoons soy sauce  
1 teaspoon ginger  
2 teaspoons lemon juice  
2 pounds skinless, boneless chicken



Preheat oven to 350F. In a blender or food processor, whirl the plums and a bit of water and sugar until pureed. Melt margarine in a wide skillet over medium heat. Add onion and cook until soft. Stir in the plum puree, brown sugar, chili sauce, soy sauce, ginger and lemon juice. Cook, uncovered, stirring often until slightly thickened. About 15 minutes. Sprinkle the chicken with salt and pepper. Arrange the chicken in a lightly greased baking pan. Bake, uncovered, for 30 minutes, basting with plum sauce every 15 minutes. Turn the chicken over and bake, basting occasionally, for 30 more minutes. Heat the remaining sauce and pass it at the table.

## Honey Plum Barbecue Sauce

2 c Bottled chili sauce  
1/3 c Lemon juice



1/4 c Honey  
1/4 c Plum jam  
1 tsp. Paprika  
1 tsp. Louisiana hot sauce

Combine all the ingredients in a saucepan and heat until blended.  
When cooled can be stored in the refrigerator for up to two weeks.

Use on Poultry, Ribs or Pork Roast

## Swiss Plum Kuchen

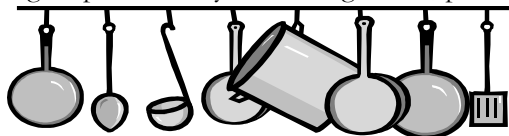
Sweet Pastry Dough:

3 cups flour  
2/3 cups sugar  
1/2 teaspoon salt  
1 teaspoon baking powder  
3/4 cup butter  
3 eggs

**Almond Filling:**

2 cups blanched almonds  
2/3 cup sugar  
1 teaspoon almond extract  
3/4 cup butter  
3 large eggs  
1/2 cup flour  
2 pounds prune plums  
2/3 cup sliced almonds

Butter a 12 by 18 inch pan. Set a rack in the lowest level of the oven and preheat to 350F. For the dough, combine dry ingredients in bowl of food processor and pulse several times to mix. Cut butter into 12 pieces and add to work bowl. Pulse 8 or 10 times, until mixture is a fine powder. Add eggs and pulse until dough forms a ball that revolves on blade. Remove, wrap and chill dough. For almond filling, place almonds in food processor with sugar and pulse until finely ground. Add almond extract and butter and pulse until smooth. Add eggs, one at a time, pulsing between each addition. Scrape bowl and blade and add flour; pulse until evenly mixed. Roll dough on a floured surface and line prepared pan. Trim and flute edge of dough. Spread evenly with filling. Rinse, pit and quarter



plums and arrange on filling, cut side up. Strew evenly with the sliced almonds. Bake at 350F about 45 minutes, until dough is baked through and filling is set. Cool in pan on a rack.

## Plum Orange sauce:

2/3 c Plum sauce  
1/4 c Orange sauce  
1 tsp. Cornstarch



The grated orange rind gives these wings a citrus flavor zing. Toss wings in flour. Shake off excess flour. In a bowl combine egg and milk. Set aside. In a bowl combine almonds bread crumbs salt and orange rind. Set aside.

Dip chicken into egg mixture then in almond mixture refrigerate coated chicken for half an hour.

In a microwave safe bowl combine plum sauce, orange juice and cornstarch. Cook over high heat for one minute until sauce thickens and boils. Set aside.

Heat oil in fry pan or wok to 375F. Deep fry chicken for 10 to 15 minutes or until golden brown. Drain on paper towel. Serve with Plum Orange Sauce.



**This is also good with pancakes!**

## **Wild plum chutney**

### ***Ingredients:***

3-1/2 cups purple plums, seeds removed  
1 cup brown sugar  
1 cup sugar  
3/4 cup cider vinegar  
1 cup golden seedless raisins  
2 teaspoons salt  
1/3 cup chopped onion  
1 clove garlic, minced  
2 teaspoons mustard seed  
3 Tablespoons chopped crystallized ginger  
3/4 teaspoon cayenne

This is a good way to use up the abundant harvest of wild plums in the gardens. Combine sugars and vinegar and bring to a boil stirring until sugars dissolve. Add remaining ingredients, mix well and bring to a boil. Reduce heat and cook gently 45 to 50 minutes, stirring to keep from scorching, until thickened. Pour into hot sterilized jars and seal.



## **Plum jam**

Pit 2 pounds of plums, do not peel. Finely chop into 1/4 inch pieces. Add 1/4 cup water and simmer 5 minutes. Measure: 5 1/2 C sugar Stir sugar into fruit/juice. Set aside 10 minutes. Mix 3/4 cup water and 1 box Sure-Jell pectin in small saucepan. Bring to a full rolling boil over high heat, stirring constantly. Continue boiling for 1 minute. Stir above mixture into fruit and sugar. Stir constantly for 3

minutes. Fill clean, dry containers immediately to within 1/2 inch of tops. Wipe off top edge of containers and quickly cover with lids. Let stand at room temperature for 24 hours. Store in freezer until opened. After opening, store in refrigerator up to 3 weeks.

## Plum Pork Chops

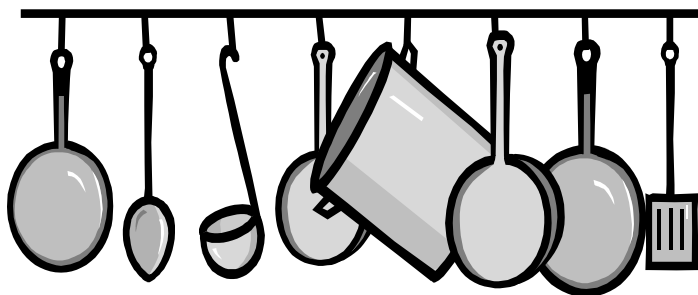
3/4 cup plum preserves  
1/4 cup lemon juice  
2 teaspoons soy sauce  
1/2 teaspoon sage  
2 Tablespoons sliced green onion  
4 pork loin or rib chops, cut 1 1/4 inches thick

### Directions:

For sauce: Combine plum or preserves, lemon juice, soy sauce and sage in small saucepan. Cook and stir over low heat until preserves are melted. Stir in green onion. Trim fat from chops.

Grill chops on rack of uncovered grill directly over medium coals 25 to 30 minutes or until no longer pink and juices run clear; turning once and brushing with some sauce during last 10 minutes.

Bring remaining sauce to a boil; cover and boil 1 minute. Serve over chops.



# Duck with plums and rum

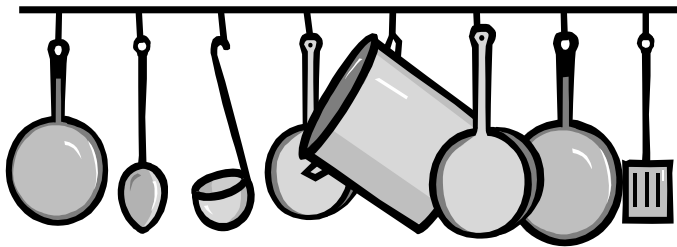
## Ingredients:

2 ducks (leave skin on)  
1 jar (8 oz. plum jelly  
1 can (16 oz. cranberry sauce  
1 TBSP lemon juice  
salt and pepper  
1/3 cup light rum  
2 Jonathan apples  
2 oranges  
1 cup bread crumbs  
1 pkg. (8 oz.) wild rice



## Directions:

Wash ducks inside and out; dry. Salt and pepper insides of ducks. Peel oranges and divide into sections. Cut apples into wedges. Combine apples, oranges, bread crumbs and stuff ducks. Place in roasting pan. Mix jelly, cranberry sauce, rum, lemon juice together and pour over ducks. Place roaster in oven, uncovered, at 350 degrees F. approximately 1 hour. Baste every 10 minutes while cooking. Serve over wild rice or a mixture of white and wild rice



## Plum Rum



4 quarts plums  
4 cups sugar  
3 cups dark rum

### Directions:

Take a 4 quart mason jar, and fill it with plums that have been washed and quartered. Add 4 cups of sugar and three cups of dark rum.

Store the jar on its side, turning once every day for 16 days to get the sugar to dissolve. After 16 days, filter out the fruit bits (I recommend using a knee-high nylon stocking, as it can be suspended for a few days to get every last drop out), and bottle.

## Plum Duck

### Ingredients

1 pound plums halved and pitted  
1 pound apricots halved and pitted  
1 1/4 cups cider vinegar  
3/4 cup water  
1 cup cider vinegar  
1 cup firmly packed brown sugar  
1 cup white sugar  
1/2 cup lemon juice  
Cooked duck





1/4 cup chopped ginger  
1 small onion sliced  
1 (or more) Serrano Chile seeded and chopped

2 small garlic cloves sliced  
4 teaspoons salt  
1 tablespoon mustard seed toasted  
1 cinnamon stick



### Instructions

Combine first four ingredients and cook over moderate heat for 5 minutes. Reduce heat and simmer uncovered for 15 minutes. In a separate pan, combine next four ingredients and boil for 10 minutes. Combine the first two mixtures with the remaining ingredients and simmer for 45 minutes. Remove cinnamon. Puree in food processor. Return to pot and simmer until thick, pour over duck the last 15 minutes of cooking or. Transfer to sterilized canning jar, cap loosely, and let cool. Tighten caps and let stand in dark at least 2 weeks.

## Red Plum Vinaigrette

2 red plums, pitted  
1 ounce orange juice  
1 shallot, minced  
1 teaspoon garlic, finely minced  
1 tablespoon honey  
1 ounce rice wine vinegar  
2 sage leaves  
2 ounces olive oil  
Kosher salt to taste



### Instructions

Place the pitted plums and orange juice in a blender and puree well. Remove the mixture to a mixing bowl. Add the minced shallots, garlic, honey, vinegar, finely chopped sage, oil, and salt. Combine and taste for correct seasoning and set aside to combine with slaw

### Ingredients

1/4 pound (1 stick) unsalted butter, softened

3/4 cup plus 1 or 2 tablespoons sugar

1 cup unbleached flour, sifted

1 teaspoon baking powder

2 eggs

Pinch salt

24 halves pitted Italian (prune or purple) plums

1 teaspoon cinnamon or more, to taste

#### Instructions

Arrange a rack in the lower third of the oven. Preheat the oven to 350 degrees F.

Cream the butter and the 3/4 cup of sugar. Add the flour, baking powder, eggs, and salt and beat to mix well. Spoon the batter into an un-greased 9- or 10-inch spring form pan. Cover the top with the plums, skin sides down. Mix the cinnamon with the remaining 1 or 2 tablespoons of sugar and sprinkle over the top.

Bake for 40 to 50 minutes, until a cake tester inserted in the center comes out clean. Remove from the oven and let cool; refrigerate or freeze if desired.

**To serve**, let the torte return to room temperature and reheat at 300 degrees until warm, if desired. Serve plain or with vanilla ice cream.

Yield: 8 servings

## Plum freezer Jam

3 cups wild plums (finely mashed or sieved)

6 cups sugar

1 box powdered pectin

1 cup water



1. Combine fruit and sugar.
2. Let stand about 20 minutes, stirring occasionally.
3. Boil powdered pectin and water rapidly for 1 minute, stirring

- constantly.
4. Remove from heat.
  5. Add the fruit and stir about 2 minutes.
  6. Pour into jars; tighten lids.
  7. Let stand at room temperature for 24 hours or until jellied.
  8. Store in freezer or refrigerator.

## Wild plum ketchup

10 pounds of wild plums cleaned and stemmed

10 cups of sugar

1 Quart of vinegar

1 tsp ground cinnamon

1/2 tsp. Grated nutmeg

1/2 tsp cloves



Makes 8 pints.. Wild plums are a native American fruit, found in most eastern and central states. They ripen in August and September. Tart cultivated plums may be substituted Add the sugar to the plums. Place over medium heat. Cover. After 30 minutes, increase the heat and stir the plum-sugar mixture. Break some of the plums with a wooden spoon.

Plums ripen in August and September. Tart cultivated plums may be substituted. Add the sugar to the plums and place over medium heat. Cover. After 30 minutes, increase the heat and stir the plum-sugar mixture. Break some of the plums with a wooden spoon. Put the mashed pulp through a fine sieve, and continue mashing until all of the liquid and some of the pulp go through. Discard the pits and the skins. They should be about 4 quarts (4 liters) of liquid. Boil the vinegar together with the spices for a few minutes. Add the vinegar-spice mixture to the plum liquid, then boil vigorously, stirring constantly for 15 minutes, or until the liquid had reduced to 4 quarts again. Pour into bottles or jars. Process



### Did you know?

The high bush cranberry grows from 3 to 20 feet high. It is found in thickets, along roadsides, pastures, riverbanks, and old farmsteads. The fruit has a sub-acid flavor, is round, red or yellow, and 1/2 inch to 1 inch in diameter. It ripens in August and September. It is used for sauce, pies, jelly, and preserves.



## Spicy High bush Cranberry Sauce

12 C fresh high bush cranberries  
3 C onions, chopped fine  
1 C water  
2 C vinegar  
4 C sugar

1 T. ground cloves  
1 T. cinnamon  
1 T. allspice  
1 T. celery salt  
1 T. salt  
1 T. pepper



Cook the cranberries in the water until soft, then put through a food mill or sieve. Add onions, vinegar, sugar, spices, celery salt, salt and pepper and boil until the mixture thickens. Makes about 3 pints. Serve this cranberry sauce with poultry, meat, or on baked beans. Other berries may be substituted, but it is one of the very best ways to use high bush cranberries when they are abundant and in season.

Use as sauce or ketchup.

**Did you know:**

High bush Cranberries are generally better tasting in the spring than the fall and considered by many to be inedible until cooked. The bears seem to think otherwise and begin eating them when the first signs of ripening are detected in September or October. High bush cranberry wine is among the top contestants for the best of the non-grape wines. The recipe below assumes the cranberries will be picked in the spring and the wine marginally ready by Christmas. If begun in the fall instead, it will certainly be ready by Christmas the following year.

## HIGH BUSH CRANBERRY WINE

- 3 lbs ripe high bush cranberries
- 1 lb minced or chopped golden raisins or sultanas
- 2-1/2 lbs finely granulated sugar
- 7 pts water
- 1/2 tsp wine enzyme

1 tsp yeast nutrient

1 packet Champagne yeast



Wash three pounds of cranberries and sort for soundness. Put the water on to boil. Meanwhile, coarsely chop the cranberries and put in primary with minced or chopped golden raisins or sultanas. Pour sugar over fruit and boiling water over all. When cooled to room

temperature, add wine enzyme and yeast nutrient. Stir, cover with sterile cloth and set aside for 12 hours. Add yeast, recover and stir daily. After 14 days of fermentation, pour through nylon straining bag, squeeze to extract all juices, transfer to secondary, and fit airlock. Rack after 30 days, top up, refit airlock, and ferment to dryness. Rack into bottles and age at least 9 months before sampling.

## HIGH BUSH CRANBERRY WINE 2

- 3 lbs ripe high bush cranberries
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# High bush Cranberry Jelly

High bush cranberries are a fruit of the honeysuckle, and completely different fruit than the low bush or commercial cranberry. High bush cranberries grow on a shrub with pointed leaves whereas cranberries grow on a vine with oval leaves. High bush cranberries have a single seed, which needs to be removed. If you have ever smelled something reminiscent of stinky socks on a stroll through the bush, you are likely very close to a good patch of high bush cranberries. The seeded pulp of the high bush cranberry can be used interchangeably with the pulp of the regular cranberry in any recipe.

4 cups high bush cranberries  
6 cups water  
Additional water (as needed)  
7 cups sugar  
1/2 tsp. margarine or butter  
1 pouch liquid pectin (Certo)



Bring the berries and water to a boil and simmer for 10 minutes. Crush the berries or put through a food mill. Strain the juice in a cheesecloth-lined sieve. Add any additional water if need to bring the juice up to 5 cups.

Bring the juice and sugar up to a boil. Add the margarine, then the liquid pectin. Bring back to a boil, stirring constantly boil hard for 1 minute. Remove from heat. Skim foam from surface and pour into sterile pint jars and seal. Process in boiling water bath for 5 minutes.

Yield: 8 cups

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Remove from heat. Skim foam from surface and pour into sterile pint jars and Seal. Process in boiling water bath for 5 minutes.

### Did you Know?

The High bush cranberry is a shrub, and despite its name, is not a cranberry. Found in cool woods, thickets, and swampy moist areas, it grows from 3 to 10 feet high. Its flowers are white. The round to oblong yellow to dark red berries contain one flat seed and ripen in September. Uncooked, the fruits are sour and bitter. Uses include sauce and jelly.



## Pin cherry Jelly

6 cups pin cherries



1 cup water  
1 package powdered pectin  
4 1/2 cups sugar

Wash and stem pin cherries and place in sauce pan with water. Bring to a boil. Add the rest, cool and place in freezer containers.

## Pin cherry Pudding

1 cup pitted pin cherries  
1 cup sugar  
1/4 cup butter  
1 cup flour  
1 tsp baking powder  
1/4 tsp salt  
1/2 tsp allspice  
1/2 tsp mace  
1/2 cup milk



Mix pin cherries with 1/2 cup sugar and heat. Cream softened butter with 1/2 cup sugar and combine with other dry ingredients. Add milk to butter mixture. Pour batter into greased baking dish. Spoon hot cherries over batter and bake at 300F for 45 minutes. Serves 4.

## Pin Cherry wine:

Pin cherries are tiny but bursting with flavor. The trick to getting enough for the crock is beating birds to trees when fruit is ripe. If you can't harvest enough for a batch of wine, make up the difference with tame cherries. Or substitute chokecherries, which are often more plentiful, for a deeper wine. And keep in mind that you can mix and match to create unique wines.

1 gallon pin cherries (or chokecherries)  
2 cups chopped maraschino cherries, with juice (only if using pin cherries)

1 gallon water  
5 pounds sugar  
yeast preparation

Put the cherries in a kettle with one quart of water. Bring to a boil. Reduce the heat and simmer, mashing until pulpy. Remove from

heat and let stand 24 hours or overnight. Strain. Put the juice in the kettle and add three quarts of water and the sugar. Bring to boil and simmer for 20 minutes. Cool. Pour into a crock and add the yeast. Ferment for two to three weeks. Finish off.

### **Facts about Pin cherries**

This is a tall shrub or a small tree growing from 20 to 30 feet high with light reddish-brown bark that is aromatic and bitter. It is found in burned-over regions and wooded areas. The berry is round and bright red; has sour, thin flesh; and contains a single seed or pit. It ripens in July and August. Uses include jelly, syrups, and wine.

**Did you know that you can use wild grapes to make a sour dough starter? This is an unusual recipe, but it can be used with any of your favorite sour dough recipes. It is great in sour dough muffins.**

## **Wild grape bread starter**

**The yeast in this starter comes from the outside of the wild grapes**

- 1 pound grapes
- 1 cup whole wheat flour



### **DIRECTIONS:**

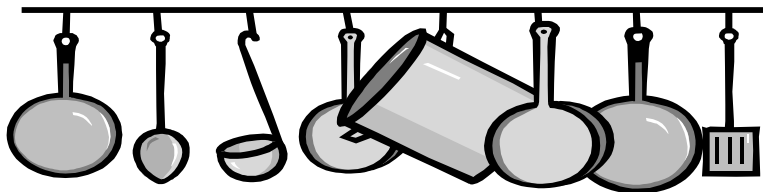
1. Stem grapes into a medium mixing bowl. Crush with hands. Cover with cheesecloth, and set aside for three days at room temperature.
2. After three days there should be bubbles in the grape juice, indicating fermentation has begun. Strain liquid, and discard skins. Return to bowl, and
3. Stir in 1 cup whole wheat flour. Set aside for 24 hours at room temperature.
4. Measure 1 cup starter, discard any extra, and transfer to a 1 quart glass or ceramic container with a lid. Stir in 1 scant cup bread flour and 1 cup water. The mixture should resemble a thick batter;

add more water or flour if necessary to achieve this consistency. Cover loosely with lid. Let stand at room temperature for 24 hours. Repeat the following day. Some activity should be noticeable: the mixture should be starting to bubble. Repeat twice more. You will need to discard some of the mixture each day.

5. Starter should be quite active. Begin feeding regularly, every 4 to 6 hours, doubling the starter each time. For instance, if you have 1 cup starter, add 1 cup bread flour and 1 cup water. Alternatively, store in the refrigerator, and feed weekly.



Wild grapes can be found growing along fence lines and even along the Mississippi River banks. Home made grape juice is great when mixed in with 7-Up or even mineral water.



# Grape Juice

Wash grapes thoroughly in cold water. Grapes do not need to be seeded. Crush enough grapes to provide juice in bottom of Dutch oven. Add remaining grapes and heat until grapes are soft. Use bottle or potato masher for crushing. Press out juice by placing grapes in a strong sack cloth with medium size mesh. Twist the two ends of the sack in opposite directions. Refrigerate the juice overnight to precipitate tartaric acid crystals and dregs. Pour clear juice off leaving crystals and dregs in the bottom of the container. Add 1/4 cup of sugar per quart of juice and mix well.

1.

## Muscadine Jelly

- 4 cups grape juice stock
- 7 cups sugar
- 1/2 bottle liquid pectin



Fully ripened fruit may be used for jelly made with commercial pectin. Measure juice into kettle. Stir in sugar. Place on high heat and stirring constantly, bring quickly to full rolling boil that can not be stirred down.

Add pectin and heat again to a full rolling boil. Boil hard for one minute. Remove from heat; skim off foam quickly. Pour at once into hot sterile glasses and seal.

- Note: Add 1/3 more sugar when using wild grapes



## Wild Grape Cheese Pie

- 8oz. package of cream cheese, softened
- 1/3 cup sugar
- 2 Florida eggs
- 1/4 teaspoon almond extract
- 1/2 pint dairy sour cream

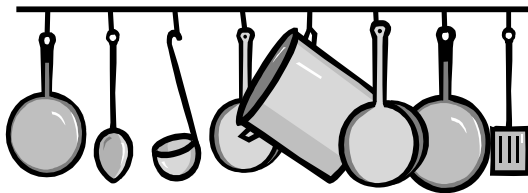
- 1 1/2 tablespoons sugar
- 1/2 teaspoon vanilla
- 

Beat Cream cheese until fluffy; add sugar, eggs and almond extract. Beat until thick and thoroughly mixed. Fill a 9" pie plate and bake for about 25 minutes in a preheated 350 degree oven. Cool, mix together sour cream, sugar and vanilla. Spread on top of baked layer, return to oven and bake for 10 minutes. Cool and top with fruit glaze, refrigerate several hours before serving



### **Facts about wild grapes**

This is a vine that climbs high into trees with tendrils that wind around twigs. It can be found along streams or in damp, cool woods. The fruit is a cluster of round, juicy, very sour, dark blue berries that ripen in September and October. Uses include juice, jelly, and syrup. The leaves can be used for various Middle Eastern dishes such as stuffed grape leaves.



# Wild Blackberry Coffee Cake

## Ingredients:

2 cups sifted all-purpose flour  
1/2 cup sugar  
1/4 tsp. salt  
2 tsp baking powder  
1/4 cup melted butter or margarine  
1 cup milk  
1 large egg  
1/2 tsp. almond flavoring  
1/4 tsp ground nutmeg  
2 cups fresh or frozen wild blackberries  
1/3 cup brown sugar  
1/3 cup chopped walnuts  
1/3 cup shredded coconut



## Glaze:

1/2 cup confectioners sugar  
2 tsp. milk or light cream

## Instructions:

Preheat oven to 375 degrees. Grease a 9 inch fluted pastry pan and set aside. Combine all dry ingredients in a bowl. Add melted butter, egg, milk, almond extract and beat until smooth. Spread 2/3 of the mixture on the bottom of the pastry pan. Sprinkle the shredded coconut across the top. Scatter 1 cup of the blackberries over the coconut. Press the berries lightly into the top of the batter. Pour the remaining batter on top of the cake and smooth out toward the edges. (Note there will not be enough to cover the entire cake.) Scatter remaining berries over the top. Scatter with the brown sugar. Top with chopped walnuts. Bake on center rack in the oven for 40 to 45 minutes or until tests done with toothpick. Cake will take longer if frozen berries are used.

Cool. Mix glaze and drizzle over top in a spiral swirl starting from center and working out. Garnish cake with berry leaves. Serves 8 people.

## • Wild blackberry pie

- 
- 
- 4 cups fresh blackberries
- 1 1/4 cups white sugar
- 4 tablespoons cornstarch
- 2 tablespoons blackberry brandy
- 1 teaspoon ground nutmeg
- 1 tablespoon ground cinnamon
- 1 recipe pastry for a 9 inch double crust pie
- 1 tablespoon white sugar



1. Puree two cups of the blackberries in a blender until liquid. Strain out the seeds, and pour into a saucepan. Whisk in 1 1/4 cups sugar. Cook over a medium heat until boiling, stirring constantly and scraping bottom. Keep at a boil for 5 minutes, and then remove from heat.
2. Mix cornstarch and brandy in a cup. When well mixed, whisk into pan; stir until mixture returns to a boil. Remove from heat. Stir in the nutmeg and cinnamon. Check the consistency of the mixture; it should be like a thin pudding. If necessary, add cornstarch and water mixed at a 2:1 ratio to thicken.
3. Fill the pie shell with the remaining two cups of blackberries. Pour the blackberry puree over the fresh berries, covering evenly. Use either strips of dough criss-crossed to cover, or cover with a solid sheet of dough with slits cut in it. Dust with sugar on top.
4. Bake in a preheated 400 degrees F (205 degrees C) oven for 35 minutes, or until crust is golden brown.

**The black bear** was originally found throughout Minnesota, but now occurs only in northern woodlands. Bears lead solitary lives except when females are rearing their young, or when concentrations of food bring bears together.





## Wild black berry pie version 2

- 4 cups fresh blackberries
- 1/2 cup white sugar
- 1/2 cup all-purpose flour
- 1 recipe pastry for a 9 inch double crust pie
- 2 tablespoons milk
- 1/4 cup white sugar

### DIRECTIONS:

1. Combine 3 1/2 cups berries with the sugar and flour. Spoon the mixture into an unbaked pie shell. Spread the remaining 1/2 cup berries on top of the sweetened berries, and cover with the top crust. Seal and crimp the edges. Brush the top crust with milk, and sprinkle with 1/4 cup sugar.
2. Bake at 425 degree F (220 degrees C) for 15 minutes. Reduce the temperature of the oven to 375 degrees F (190 degrees C) and bake for an additional 20 to 25 minutes.

## • Blackberry cobbler

- 1 cup all-purpose flour
- 1 1/2 cups white sugar, divided
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 6 tablespoons cold butter
- 1/4 cup boiling water
- 2 tablespoons cornstarch





- 1/4 cup cold water
- 1 tablespoon lemon juice
- 4 cups fresh blackberries, rinsed and drained



### **Black berry cobbler directions**

1. Preheat oven to 400 degrees F. .Line a baking sheet with aluminum foil.
2. In a large bowl, mix the flour, 1/2 cup sugar, baking powder, and salt. Cut in butter until the mixture resembles coarse crumbs. Stir in 1/4 cup boiling water just until mixture is evenly moist.
3. In a separate bowl, dissolve the cornstarch in cold water. Mix in remaining 1 cup sugar, lemon juice, and blackberries. Transfer to a cast iron skillet, and bring to a boil, stirring frequently. Drop dough into the skillet by spoonfuls. Place skillet on the foil lined baking sheet.
4. Bake 25 minutes in the preheated oven, until dough is golden brown. Serve with ice cream.

## **Blackberry Sherbet**

Ingredients:

- 4 cups fresh blackberries see
- 2 cups sugar
- 2 cups buttermilk
- Blackberries for garnish
- Fresh mint sprigs for garnish



Method:

\* Note; Two (14-ounce) packages frozen blackberries, thawed, may be substituted for fresh blackberries.

Stir together blackberries and sugar in a bowl; let stand 30 minutes.

Process blackberry mixture in a food processor or blender until smooth, stopping to scrape down sides. Pour through a fine wire-mesh strainer into a 9-inch square pan, discarding solids; stir in buttermilk. Cover and freeze 8 hours.

Break frozen mixture into chunks, and place in bowl; beat at medium speed with an electric mixer until smooth. Return to pan; cover and freeze 3 hours or until firm. Garnish, if desired.



## Blackberry Wild Rice Breakfast

1 cup cooked wild rice    1/2 cup cream

1/2 C blackberries        1/2 tsp nutmeg

2 tsp. Sugar

Mix berries, rice and pour cream over top

## Apple-Blackberry Pie in a Bag

1 unbaked pie shell

5 cup apples chopped into chunks

2 cup blackberries\* (or enough fruit to fill a h

1 cup granulated sugar

1/2 cup flour

2 TBSP flour

1/2 tsp cinnamon

2 TBLS. lemon juice

1/2 cup flour

1/2 cup very soft butter



Toss fruit in a bowl with 1/2 cup of sugar, 2 tbsp of flour, and cinnamon. Fill pie shell, pile high in the middle. Sprinkle with lemon juice.

Mix remaining sugar, 1/2 cup of flour and butter to make a soft paste. Spread on top of fruit.

Put pie in a large paper bag and close open end by stapling it. Set on a rack in the center of the oven, making sure that the bag is not touching any oven elements. Bake for about 1 hour at 400 F. Cool for 5 or 10 minutes before removing from the bag.

#### NOTES :

This recipe can be made without blackberries. Simply use 7 cups of apples.

## Marjorie's Blackberry Cake

#### Ingredients:

3/4 cup Butter  
1 cup Firmly packed brown sugar  
3 Eggs  
2 1/2 cup Flour  
1 tsp. Baking soda  
1 tsp Ground allspice  
1 tsp Ground cinnamon  
1 tsp Ground nutmeg  
3/4 cup Buttermilk  
2 cup Blackberry jam, divided  
Whipped cream  
Freshly grated nutmeg



Cream butter; gradually add sugar, beating until light and fluffy. Add eggs. One at a time, beating well after each addition. Combine next 5 ingredients. Add dry ingredients to creamed mixture alternately with buttermilk, beginning and ending with flour mixture. Fold in 3/4 cup blackberry jam. Pour batter into 2 greased and floured 9 inch round cake pans. Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes; remove

from pans, and cool completely on a wire rack. Melt remaining 1 1/4 cups jam in a small saucepan over low heat, stirring frequently. Brush melted jam between layers and on top and sides of cake; let stand until jam sets. Just before serving, top cake with whipped cream, and sprinkle with nutmeg.

## Bacon Buttermilk Waffles with Blackberry Syrup

- 6 bacon slices
- 1 cup all-purpose flour
- 1 TBSP sugar
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 cup well-shaken buttermilk
- 1 large egg

### Blackberry syrup

- 1/2 cup picked-over blackberries
- 1/2 cup pure maple syrup
- Garnish
- 1/2 cup blackberries



Method:

**Preheat** well-seasoned or non-stick Belgian or standard waffle iron. Preheat oven to 200 degrees. Finely chop bacon and cook in skillet over moderate heat, stirring, until crisp. Into large bowl, sift together flour, sugar, baking powder, baking soda and salt. Stir in buttermilk, egg and bacon, including bacon fat (about 1/4 cup) until smooth. Batter will be very thick.

**To make syrup:** Halve berries lengthwise. In a small saucepan,

simmer berries with syrup over moderately low heat 1 minute. Spoon batter into waffle iron, using 1 cup batter for 2 4 inch square Belgian waffles or 4 x 4 inch square standard waffles. Spread batter evenly and cook according to manufacturer's instructions.

**Transfer waffles** to a baking sheet and keep warm, uncovered, in oven as you make more. Serve with blackberry syrup and garnish with berries.

## Baked Blackberry Cheesecake

3/4 cup cottage cheese  
2/3 cup low-fat plain yogurt  
1 TBSP all-purpose whole wheat flour  
2 TBSP sugar  
1 egg  
egg white  
finely grated rind and juice of 1/2 lemon  
2 cup fresh or frozen and thawed blackberries

1. Preheat the oven to 350 F. Lightly grease and base-line an 7 in square cake pan.

2. Place the cottage cheese in a food processor and process until smooth.

Alternatively, rub it through a sieve, to obtain a smooth mixture.

3. Add the yogurt, flour, sugar, egg and egg white and mix. Add the lemon rind, juice and blackberries, reserving a few for decoration.

4. Tip the mixture into the prepared pan and bake it for 30 - 35 minutes, or until it's just set. Turn off the oven and leave for a further 30 minutes.

5. Run a knife around the edge of the cheesecake, and then turn it out.

Remove the lining paper and place the cheesecake on a warm serving plate.

6. Decorate the cheesecake with the reserved blackberries and serve it warm.

**Blackberry Fruit Salad:** Every holiday our family makes a simple fruit salad. If it is in the summer we mix in fresh blackberries, blueberries, strawberries and raspberries, but if it is in the winter we use a mixture of frozen berries along with fresh bananas.

### **My Favorite blackberry Breakfast:**

One of my favorite breakfasts is to make waffles using the whipped egg whites. Then I top them with thickened blackberry's. and whipped cream. Since I am too busy these days to actually make most of my own blackberry pie filling, I buy pre-made blackberry filling at the Cracker Barrel restaurants. It is the best...not too sweet and loaded with fruit.

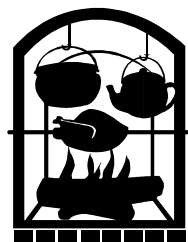
Below you will see some Minnesota BLACK- BEARY foot prints....



**Did you know?** The black bear weights between 250 and

300 pounds and stands two to three feet at the shoulders.

## Blackberry Ribs



- 1 (4 to 5 pound) rack pork spareribs
- 1 1/2 cups blackberry jam
- 1/2 cup tomato ketchup
- 1/2 cup brown sugar
- 1 to 2 teaspoons minced fresh ginger or to taste
- 1 to 2 teaspoons hot sauce or to taste
- 1/2 teaspoon freshly ground pepper

Preheat oven to 350 degrees F. In a food processor or blender, place blackberry jam, ketchup, brown sugar, ginger, hot sauce, and pepper; whirl until ingredients are pureed. In a medium saucepan over medium-high heat, add blackberry mixture and bring to a boil; boil 2 to 3 minutes, stirring constantly. Remove from heat and set aside.

Rinse ribs and pat dry. Trim and discard any excess fat. In a large pan, bake 40 minutes until well browned, turning ribs over at 20 minutes (do not bake longer as ribs will dry out).

Baste one side of ribs with 1/3 of prepared blackberry sauce; turn ribs sauce side down and cook 10 minutes or until sauce browns and forms a thick, sticky glaze. Baste top of ribs with 1/3 of blackberry sauce, turn over, and cook an additional 10 minutes or until sauce browns and forms a thick, sticky glaze. Remove from oven and cut between bones into individual serving portions. Transfer ribs to a serving platter or individual serving plates and pour remaining blackberry sauce over ribs. Serve immediately.



# Blackberry Muffins

## Ingredients

1 can Oregon Blackberries or fresh berries  
2 cups flour  
2 teaspoons baking powder  
1/2 to 1 teaspoon ground cinnamon  
1/4 teaspoon salt  
2 eggs  
1 cup milk  
1/2 cup oil  
3/4 cup sugar



Drain blackberries; reserve syrup. Combine flour, baking powder, cinnamon, and salt. Beat eggs lightly; stir in milk, oil and sugar. Quickly stir egg mixture into dry ingredients; carefully stir in drained blackberries. Spoon into greased muffin cups; bake at 400 degrees for 15 - 17 minutes.

Makes 20 muffins.

# Blackberry Margaritas

1 cup Oregon Blackberries including juice  
1/4 cup tequila  
2 tablespoons orange liqueur  
1/4 cup lime juice  
2 cups crushed ice



## Instructions

Blend berries and juice in blender for 10-12 seconds. Add remaining ingredients and blend until ice is almost smooth. Pour into 12 ounce glasses.

Makes 2 drinks.



# Blackberry Pork tenderloins

## Ingredients

1/4 cup Blackberry Mustard  
1 teaspoon dried thyme, divided  
1/2 teaspoon ground pepper  
1/4 teaspoon salt  
1/4 teaspoon ground allspice  
1/4 teaspoon ground cinnamon  
2 cloves garlic, minced  
2 (3/4 lb.) pork tenderloins  
cooking spray  
1 tablespoon olive oil  
1 1/4 cup chicken broth, undiluted and divided  
2 tablespoons balsamic vinegar, 1 tablespoon brown sugar  
1 teaspoon cornstarch  
2 tablespoons water  
1 cup Oregon Blackberries



Instructions: Fry pork add remaining and simmer

## Blackberry Mustard:

1 cup Oregon Blackberries  
1/4 cup plus 3 tablespoons hot Dijon mustard  
3 tablespoons honey  
1 tablespoon balsamic vinegar  
1 teaspoon dry mustard



In a food processor, process Blackberries for 1 minute or until smooth, strain and discard seeds. Combine blackberry puree, Dijon mustard, and remaining ingredients in a bowl. Stir well. Serve sauce with grilled pork, beef, or chicken. Store in an airtight container in the refrigerator up to two weeks.

## Entree:

Combine 1/2 teaspoon thyme and next five ingredients, stir well. Trim fat from pork, rub pork with thyme mixture. Place in a shallow dish, cover and chill 2 hours. Coat a large nonstick skillet with cooking spray, add oil. Place over medium-high heat until hot. Add pork, cook 4 minutes or until browned on all sides. Add 1/2 cup

broth and vinegar to skillet, bring to a boil. Insert a meat thermometer into thickest part of pork. Cover, reduce heat, and simmer.

25 minutes or until meat thermometer registers 160 degrees. Remove pork from skillet, set aside, and keep warm. Add remaining 1 cup broth and brown sugar to skillet. Bring to a boil, cook 5 minutes or until reduced to 1/2 cup. Strain mixture, discard solids. Place cornstarch in a small saucepan, gradually add water, blending with a wire whisk. Stir in strained mixture and 1/4 cup Blackberry Mustard. Bring to a boil over medium heat, cook, stirring constantly, 1 minute. Remove from heat, stir in 1/2 teaspoon thyme. Cut pork into 1/2 inch thick slices. Spoon sauce evenly onto 6 serving plates, and arrange pork evenly on top of sauce. Top servings evenly with Blackberries. Garnish with thyme sprigs if desired.

## Blackberry or Raspberry Crepes

4 tablespoons sugar, divided  
1 tablespoon cornstarch  
1 can Oregon Blackberries  
Water  
1/2 teaspoon grated lemon or lime peel, divided  
1/8 teaspoon almond extract  
1 cup ricotta cheese  
1/4 teaspoon ground cinnamon  
Crepes  
2 teaspoons melted butter or margarine



### Instructions

Combine 2 tablespoons sugar and cornstarch. Drain fruit; reserve syrup. Add water to reserved syrup to equal 1 cup; add to sugar mixture with 1/4 teaspoon lemon peel. Cook and stir until thickened; boil 1 minute longer. Add almond extract and fruit. (Add 1 1/2 teaspoons lemon juice when using cherries.) Combine ricotta cheese with remaining 2 tablespoons sugar, cinnamon, and remaining 1/4 teaspoon lemon peel. Spoon 2 tablespoons filling onto each

crepe; roll up. Place seem-side down in 12 x 7 1/2 x 2 inch baking dish. Brush tops of filled crepes with butter. Bake, loosely covered, at 325 degrees for 15 minutes. Pour fruit sauce over crepes.

Makes 4 servings.

## Crepes



Combine 2 eggs, 3/4 cup milk, 1/2 cup flour, 2 teaspoons each sugar and melted butter or margarine and dash salt; beat until blended. Heat a lightly greased 6 to 7 inch skillet over medium-high heat. Add 2 tablespoons batter; tilt skillet to spread batter. Cook about 30 seconds or until lightly brown; turn and cook on second side. Repeat with remaining batter.

## Blackberry Fruit Salad

1 can Oregon Blackberries or fresh berries  
2 medium nectarines or peaches, pared and sliced  
2 medium kiwi fruit, pared and sliced, or 6 pineapple spears  
1/2 medium cantaloupe or honeydew melon, cut into spears  
2 medium bananas, peeled and sliced  
Mix up all fruit and serve on 6 lettuce leaves

## Blackberry yogurt dressing

Instructions

Drain blackberries, reserving syrup for dressing. Arrange fruit on lettuce-lined salad plates. Serve blackberry yogurt dressing with salad.

Makes 6 servings.

Blackberry Yogurt Dressing:

Stir 1/4 cup reserved blackberry syrup, 1 tablespoon honey and 2 teaspoons chopped mint into 1 (8 ounces) carton low fat plain yogurt.

Makes about 1 cup.



## Blackberry Yogurt Muffins

1 C blackberries  
1 TBSP sugar  
1 large egg  
1 Cup plain yogurt  
3 TBSP margarine, melted  
2 and 1/2 Cups Bisquick



1 tsp. chopped lemon zest

Preheat oven to 400F.

Sprinkle berries with sugar; toss lightly to coat; set aside.

In a large bowl, beat egg; add yogurt and melted butter or margarine; beat until smooth; add baking mix; stir until just blended; fold in berries and lemon zest.

Spoon mixture into greased or sprayed muffin cups, 3 inch in diameter and 1-1/2 inch deep.

Bake for 20-25 minutes, or until a toothpick inserted in the center comes out clean.

Cool for 5 minutes in cups; finish cooling on rack.

# Blackberry Eggnog

1 Cup Milk  
1/2 gal. Of Eggnog  
1/2 Cup fresh Blackberries  
L carton of Real whipped cream



Combine eggnog and blackberries. Beat until frothy.

Top with real whipped cream.

# Blackberry Sauce

1 lb Blackberries  
3 TBSP Sugar  
1 TBSP Lemon juice

**Serve this with poultry or pork or even over sponge cake**

Combine Berries, sugar and lemon juice in a pot. Cover and cook until bubbling, about 10 minutes.

Remove from the heat, place in a food processor and blend.

# Blackberry Grunt

3 Cups Blackberries  
1/3 Cup Sugar  
1/4 tsp. Cinnamon  
1/4 tsp. Nutmeg  
1/4 tsp. Ground cloves  
1/4 Cup Molasses  
2 TBSP Lemon juice



**TOPPING-----**

1 Cup Flour  
1 and 1/2 tsp. Baking powder  
3 TBSP Butter; cold  
1 TBSP Vegetable oil  
1 Egg; lightly beaten  
1/4 Cup Milk  
1 Egg yolk; for the glaze



**Preheat the oven to 375 F.**

Wash the berries carefully and combine them with the sugar, spices, molasses and lemon juice. Transfer to a deep, 9-inch baking dish.

### **Prepare the biscuit topping:**

Sift the flour with the baking powder and salt. Cut the butter and oil with a pastry blender or with your fingertips until the mixture resembles coarse crumbs. Stir together the egg and 1 tablespoon of the milk if necessary to form a soft dough.

Roll the dough out lightly on a floured surface to about 1/2-inch thick and stamp out circles of dough, using a biscuit cutter. Cover the berries with the dough circles.

Make a glaze by combining the egg yolk with the remaining milk and brush this mixture over the surface of the dough.

Bake, uncovered, in the preheated oven for 25 minutes until nicely browned.

Serve alone hot, or at room temperature with a small scoop of whipped cream



# Roast Beef with Blackberry Ketchup

## ROAST BEEF--

4 lb Sirloin tip beef roast  
Chinese 5-spice seasoning  
Sesame oil  
Blackberry ketchup \*below\*

## BLACKBERRY KETCHUP

2 c Blackberries (fresh/frozen)  
1/2 c Cider vinegar  
1/2 c Water  
3/4 c Dark brown sugar, - firmly packed  
1/2 tsp Ground cloves

1/2 tsp Ground ginger  
1 tsp Ground cinnamon  
1/4 tsp Cayenne pepper  
1/2 tsp Salt  
2 TBSP Unsalted butter  
Grated rind of 1 tangerine



## ROAST BEEF

Rub sirloin tip roast with 5-spice seasoning and sesame oil.  
Place beef, fat side up, on rack in shallow roasting pan.

Insert meat thermometer so tip is in thickest part of beef and does not touch bone or rest in fat. Do not add water. Do not cover.

Roast in 325 degree oven to desired degree of doneness, planning

about 21 to 30 minutes per pound (140 degrees rare; 160 degrees medium). Roast to 5 degrees below desired degree of doneness. Cover roast with foil tent and let stand 15 to 20 minutes before carving. Temperature will rise about 5 degrees.

Serve with Blackberry Ketchup.

## BLACKBERRY KETCHUP

Mix the berries with vinegar and water in a saucepan. Bring to a boil; lower heat to a simmer and cook 5 minutes.

Sieve out seeds. Return to saucepan and add brown sugar, cloves, ginger, cinnamon, cayenne pepper, salt, butter and grated tangerine rind. Simmer about 10 minutes, until thickened.

Let cool. Makes approximately 2 cups.

Preparation time: 20 minutes Baking time: about 2 hours

## Blackberry Jam Cake

1/2 cup sugar

1/4 c Butter or Margarine

2 ea Large Eggs

1 c Unbleached All-purpose Flour

1 t Ground Cinnamon





1/2 t Baking Soda

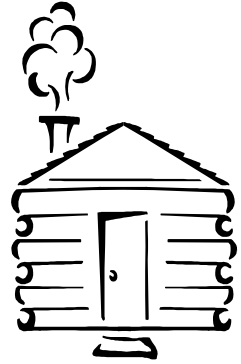
1/4 t Ground Cloves

1/4 t Ground Nutmeg

1/3 c Butter/Sour Milk

1/2 c Seedless Blackberry Jam

1/4 c Chopped Walnuts



#### **CARMEL ICING-----**

2 T Butter or Margarine

1/2 c Packed Brown Sugar

3 T Milk

1 3/4 c Sifted Powdered Sugar

Cream together sugar and butter or margarine. Beat in eggs.

Stir together flour, and spices; add to creamed mixture alternately with butter/sour milk, beating until well blended after each addition.

Fold in blackberry jam or preserves and nuts leaving swirls of jam.

Turn into greased and lightly floured 9x9x2 inch baking pan.

**Bake at 350 degree F.** oven 25 minutes or until done. Cool completely. Frost with Carmel Icing.

## CARMEL ICING:

In small saucepan, melt butter or margarine; stir in brown sugar.

Cook stirring constantly, until mixture bubbles; remove from heat.

Cool 5 minutes.

Stir in milk and blend in powdered sugar; beat until spreading consistency is reached.

## A blackberry cobbler

- 4 cups blackberries
- 1 cup sugar
- 1/4 cup instant tapioca
- 1 1/3 cups fruit juice or water
- 2 tablespoons butter
- .
- 2 cups sifted all-purpose flour
- 2 tablespoons sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 6 tablespoons shortening
- 2/3 cup milk
- sugar and ground nutmeg



## PREPARATION:

Combine blackberries, 1 cup sugar, tapioca, 1 1/3 cups juice or water, and 2 tablespoons butter; set aside.

Sift together the flour, 2 tablespoons sugar, baking powder, and salt. Cut in shortening until mixture resembles coarse meal. and simmer 15-20 minutes until soft. Mash fruit to press out juice and strain. Combine juice (approx. 3 1/2 cups) with pectin crystals. Heat on high and stir until boiling. Stir in sugar and bring to a vigorous boil

for 1 minute. Stir constantly. Pour into sterilized jars and seal with paraffin.

## Blackberry Breakfast Bars

2 cups fresh or frozen blackberries  
2 tablespoons sugar  
2 tablespoons water  
1 tablespoon lemon juice  
1/2 teaspoon ground cinnamon  
1 cup all purpose flour  
1 cup quick cooking rolled oats  
2/3 cup packed brown sugar  
1/4 teaspoon ground cinnamon  
1/8 teaspoon baking soda  
1/2 cup butter, melted



For filling, in a medium saucepan combine berries, sugar, water, lemon juice and 1/2 teaspoon cinnamon. Bring to a boil. Reduce heat. Simmer, uncovered, for about 8 minutes or till slightly thickened, stirring frequently. Remove from heat. In a mixing bowl stir together flour, oats, brown sugar, 1/4 teaspoon cinnamon, and baking soda. Stir in melted butter till thoroughly combined. Set aside 1 cup of the oat mixture for topping. Press remaining oat mixture into an un-greased 9 x 9 x 2 inch pan. Bake in a 350F oven for 20 to 25 minutes. Carefully spread filling on top of baked crust. Sprinkle with reserved oat mixture. Lightly press oat mixture into filling. Bake in a 350F oven for 20 to 25 minutes more or till topping is set. Cool in pan on a wire rack. Cut into bars. Makes 18.

## Blackberry Dessert

1/2 Cup Grand Marnier  
1 Cup sour cream  
1/2 Pt. vanilla bean ice cream  
2 Cup sweetened whipped cream  
1 Pt. raspberries  
1 Pt. blueberries  
1 Pt. blackberries  
1 Pt. loganberries  
1 Pt. strawberries, halved



2 Oz. chocolate curls  
2 TBSP mint extract  
Powdered sugar in shaker



In a mixing bowl, whisk the Grand Marnier and sour cream together. Stir in the ice cream. Fold in the whipped cream. Arrange the berries on a platter. Pour the cream mixture over the top of the berries. Garnish with the chocolate curls, mint and powdered sugar.

## Blackberry and Apple Syrup

3 1/2 qt Blackberries, Loganberries or Marion berries (4 lbs)  
2 1/3 c Apple juice  
Granulated sugar  
1/2 c Lemon juice

Combine the berries and apple juice in a large non-aluminum saucepan. Bring to a boil and simmer over very low heat for 20 minutes or until the fruit is soft. Mash with a potato masher.

Line a sieve with several layers of damp cheesecloth. Strain the juice into a non-aluminum bowl. Gather the corners of the cheesecloth and lightly squeeze to extract as much juice as possible.

Pour the juice back into the saucepan, add the sugar and stir over low heat until the sugar has completely dissolved. Stir in the lemon juice. Bring the mixture to a boil and simmer for 5 minutes.

Cool for at least 5 minutes, then pour into clean hot jars or bottles. Or pour the syrup into ice cube trays, leaving enough room for expansion. When frozen, turn the cubes out into plastic bags and keep in the freezer.

## Blackberry Brandy

4 c Blackberries; cleaned & picked over  
2 c Brandy  
Grated peel of 1 lemon  
2 c Sugar  
1 c Water

Juice of 1 lemon

Place the blackberries in a large clean glass jar or crock. Crush slightly to release the juices. Pour the brandy over the berries and add the lemon peel. Seal and allow to steep for 3 months.

When ready to finish the brandy, simmer the sugar, water and lemon juice in a small saucepan until clear. Allow to cool.

Pour the blackberry brandy through a strainer into a large jug and add the sugar syrup to taste. Pour into 1 large or 2 small decanters. Seal and label. (and decorate

## Blackberry Brandy Sour Cream Jello Cake

6 tsp. Black raspberry Jell-O  
1/2 c Blackberry brandy, hot  
1 c Sour cream  
1 c Butter  
2 c Sugar  
6 Eggs  
1 tsp Vanilla  
1/2 tsp Lemon extract  
1/2 tsp Almond extract  
1/2 tsp Rum flavoring  
3 c Flour, un-sifted  
1/2 tsp Baking soda  
3/4 tsp Salt  
Powdered sugar, sift (opt)



Dissolve Jello in hot brandy. Cool, then combine with sour cream. Cream together butter and sugar until light and fluffy; add eggs, one at a time beating well after each. Mix in vanilla, lemon extract, almond extract and rum flavoring. Mix together dry ingredients and add alternately with the cooled Jello mix to the butter-sugar mix; beat well after each addition. Bake in a well buttered and lightly floured 10" tube or bundt pan in a preheated 350 degree F oven. Bake about 75 minutes. Cool in pan 20 minutes, turn out and finish cooling on

rack. Dust with sifted powdered sugar if desired.

## Blackberry and Hazelnut Sundaes

- 1/3 Cups Sugar
- 1/3 Cups Golden brown sugar; (packed)
- 1/3 Cups Water
- 2 TBSP Butter
- 3 TBSP Frangelico; (hazelnut liqueur) or amaretto
- 1/3 Cups Hazelnuts; (about 2 ounces), toasted, husked, chopped
- Vanilla frozen yogurt or ice cream
- 1 Basket fresh blackberries; (1/2-pint)



Combine sugar, brown sugar and water in heavy small saucepan. Stir over medium-low heat until both sugars dissolve. Add butter and stir until melted. Increase heat and boil until sauce is reduced to 1/2 cup, about 4 minutes. Remove from heat. Mix in Frangelico and nuts. (Can be prepared 1 day ahead. Let stand at room temperature. Before using, stir over low heat until heated through and smooth. )

Scoop frozen yogurt into bowls. Spoon warm sauce over. Top with berries.

Serves 4.

## Blackberry Layer Cake

- 1 lb Bag frozen, unsweetened blackberries
- 1 Egg
- 1 pinch of Salt
- 1/8 tsp Stevia or sweetener, White cake mix
- 1 3 oz pkg. black raspberry-flavored Jello
- 1 c Vegetable oil
- 1/2 c Milk
- 4 Eggs
- 1 c Fresh or frozen blackberries
- 1 c Flaked coconut



1 c Chopped pecans

### Icing

1/2 c Butter or margarine; softened  
1 lb Confectioners' sugar  
4 Milk  
1/2 c Fresh or frozen blackberries  
1/2 c Flaked coconut  
1/2 c Chopped pecans



In a mixing bowl, combine cake mix, gelatin, oil and milk; mix until blended. Add eggs, one at a time, beating well after each addition. Fold in blackberries, coconut and pecans. Pour into three greased 9-inch round baking pans. Bake at 350 for 25 to 30 minutes or until cake tests done; cool in p 10 minutes before removing to wire racks. Icing: Cream butter in a mixing bowl. Add sugar and milk; beat until des consistency is reached. Stir in blackberries, coconut and pecans. Frost to of two layers; stack on serving plate with plain layer on top. Frost top and sides of cake.



## Blackberry Chicken

2 Chicken breasts  
2 TBSP Olive oil  
2 TBSP Finely chopped shallots  
1/4 Cup Blackberry vinegar  
1/4 Cup Chicken Stock or canned broth  
1/4 Cup Heavy or whipping cream  
1 TBSP Creme de cassis  
10 Fresh blackberries



Chervil leaves, for garnish

Rinse the chicken well and pat it dry. Cut each chicken breast in half along the breastbone line. Remove the fillets (the finger-size muscle on the back of each half) and re-serve them for another use. Flatten each breast half with the flat end of a meat and pound until thin.

Heat the oil in a large skillet, add the breasts, and cook over medium heat until they are lightly colored, about 3 minutes per side. Remove from the skillet and **set** aside.

Add the shallots to the skillet and cook over low heat until they are translucent, about 5 minutes.

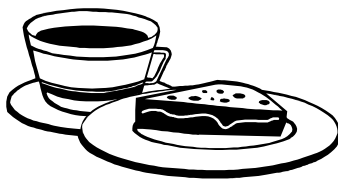
Add the vinegar, raise the heat, and cook, stirring occasionally, until it has reduced to a syrupy spoonful. Whisk in the stock, cream, and crème de cassis, and simmer for 1 minute.

Return the breasts to the skillet and simmer them gently in the sauce until they are just done, about 5 minutes; do not overcook.

Remove the breasts with a slotted spoon. and arrange them on a heated serving platter. Simmer the sauce gently until it has reduced and thickened slightly, 3 minutes. Add the blackberries; cook 1 minute. Pour the sauce over the breasts and serve immediately, garnished with chervil leaves. Serves 4.

## Blackberry Coffee Cake

2 Cup Flour  
1 Cup Sugar  
2 tsp Baking powder  
1 tsp Salt  
1/2 tsp Cinnamon  
1/2 Cup Margarine  
1/2 Cup Pecans or walnuts, chopped  
2 Eggs  
1 c Milk  
1 tsp Vanilla  
1/3 Cup Brown sugar  
3 and 1/2 Cup Blackberries



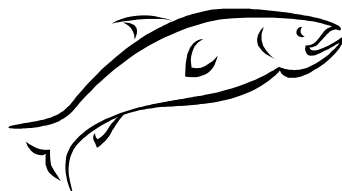


1/4 Cup Flour  
2 TBSP Butter

Sift together first five ingredients and put in a large bowl; cut in margarine until mixture looks like crumbs. In another bowl, mix together eggs, milk, and vanilla. Pour over flour mixture and stir until just moistened. Spread in a greased 8" x 12" pan; distribute berries on top. In a small bowl, combine brown sugar, flour, and butter. Mix with a fork until crumbly. Add nuts and sprinkle over top of cake. Bake at 350 degrees for 45 minutes. Makes 6 to 8 servings.

## Blackberry Corn Muffins

1 and 1/4 Cup All-purpose flour  
3/4 Cup Corn meal  
1 TBSP Brown sugar; (optional)  
2 tsp Baking powder  
1/2 tsp Salt  
1/4 tsp Baking soda  
3/4 Cup Skim milk  
1/4 Cup Diet margarine; melted  
1 Egg; beaten, or equivalent egg substitute  
1 Cup Frozen blackberries; or blueberries, partially thaw



Combine flour, corn meal, sugar, if desired, baking powder, salt, and baking soda. Stir in milk, margarine, and egg just until mixture is evenly moistened.

Fold in berries. 2. Prepare bottoms only of 12 medium muffin cups with cooking spray or line with paper baking cups. Fill cups 3/4 full of batter. Bake for 15-20 minutes in a preheated 425-degree oven or until tops are golden brown



# Blackberry dumplings

## **Ingredients:**

2 bags frozen blackberries  
2 cups *Bisquick* baking mix  
1/2 cup milk  
1 cup sugar  
1 egg  
2 Tablespoons vegetable oil  
1/3 cup water



Place blackberries in large covered pot, add 1/2 cup sugar and 1/3 cup water and bring to a boil. In the meantime, in a small bowl, mix *Bisquick*, milk, egg, oil and remaining sugar to form a dough, but not as thin as pancake dough, not as thick as biscuit dough, to be dropped from spoon.

Into boiling berries, drop by spoonful spacing over top of pot. Reduce heat immediately to medium low and cover. Steam for approximately 15 minute. Do not remove lid for first 15 minutes so dumplings will cook through. Serve topped with whipping cream.

**Note:** This can be done with any other kind of berry or peach. For peach, add 2 Tablespoons nutmeg to mixture prior to adding dumpling, and follow recipe as above.

## Berry Zinger

SERVES 6 As beautiful as it is invigorating, this summer drink is sure to please.

INGREDIENTS: 4 cups blackberries, fresh or frozen 1/2 cup sugar

1 cup orange juice 4 cups frozen yogurt or vanilla ice cream 2 cups crushed ice Whole berries for garnish Fresh mint leaves for garnish (optional)

**DIRECTIONS:** Crush/puree berries and strain through a fine sieve to yield approximately 2 cups puree. (If berries are frozen, partially thaw before crushing.) Combine puree with remaining ingredients, blend until smooth and pour into chilled

glasses. Garnish with 2-3 berries, and fresh mint leaves if desired.

## Berry Frosty

**SERVES 4**

**INGREDIENTS** 2 cups Country Berry Farm Boysenberries or blackberries, fresh or frozen 1 1/2 cups vanilla ice cream or frozen yogurt 3 Tablespoons sugar Juice of one lemon, ginger ale or lemon-lime soda Whole berries for garnish Thinly sliced lemon wheels for garnish (optional)

**DIRECTIONS:** Combine first four ingredients in blender and process until smooth. (If frozen berries are used, partially thaw before blending.) Pour into 4 glasses and slowly add soda to fill each glass. Garnish with 2-3 berries and lemon wheel, if desired.

## Blackberry Lemonade

This is a delightful summer drink and the blackberry juice cuts the sour in the lemons. This is a great recipe to use when the berries are overripe or have been sitting too long.

The juice of 10 lemons

1 cup of blackberry juice

1 and 1/2 Cup sugar juice



Add water to make one gallon

## Blackberry Cobbler Bread

1. 5 Cups Fresh Blackberries
2. 1 1/4 Cups Sugar
3. 3 1/2 Tablespoons Sifted Flour
4. 2 Cups Flour
5. 2 Tablespoons Sugar
6. 2 Teaspoons Baking Powder
7. 1/2 Teaspoon Salt
8. 1/2 Teaspoon Cream Of Tarter
9. 1/2 Cup Of Butter
10. 1/2 Cup Of Milk

Toss 5 Cups fresh blackberries with 1 1/4 cup sugar and pour into a well buttered 1 1/2 oblong baking dish. Sprinkle 3 and 1/2 tablespoons sifted flour over the berries, dot them with butter, and set them aside. Into a bowl sift 2 cups of flour with 2 tablespoons sugar, 4 teaspoons baking powder, and a 1/2 teaspoon each of salt and cream of tartar. Cut in half cup of butter until mixture resembles course meal. With a fork stir in half cup of milk and form the mixture into a ball. Roll the dough out 1/4 inch thick on a floured board. Cover the blackberries with the dough and trim the edges. Cut a vent in the center of the dough and sprinkle the top generously with sugar. Bake the cobbler at 400 degrees for 40 minutes or until the crust is golden.

## Blackberries Summer Salsa

1/2 cantaloupe, diced 1 jalapeno, minced 1 cup blackberries 1/2 cup red bell pepper, small diced 1 medium red onion, large dice 1/2 lemon, juiced Parsley Cilantro Green onions

Salt Freshly ground red pepper In a large bowl, add the cantaloupe, jalapeno, blackberries, red pepper, lemon juice, parsley, cilantro and green onions. Mix well. Season with salt and pepper. Best served with grilled Beef.

# Fresh Blackberry Crisp

Recipe Courtesy of Cathy Lowe

4 cups fresh blackberries 1/2 cup sugar Juice of 1 lemon 2  
tablespoons flour, plus 1/2 cup 1/2 cup brown sugar 1 stick butter

Preheat oven to 375 degrees.

In large bowl combine blackberries, sugar and lemon juice together with 2 tablespoons of flour. Pour into deep dish pie plate. In separate bowl blend remaining 1/2 cup flour, brown sugar and butter. Mix until crumbly. Sprinkle over berries. Bake for 30 minutes until bubbly. Prep Time: 5 minutes Cooking Time: 30 minutes  
Difficulty: Easy

## Blackberry ice cream

1 and 1/2 quarts blackberries (enough to make 2 1/2 cups  
pureed fruit)

1 pint heavy cream (or half and half)

3/4 cup sugar

juice of 1/2 lemon

Puree fruit. Blend all ingredients in blender for 1 minute to thoroughly dissolve the sugar. Pour mixture into freezer can of the ice cream maker and follow the manufacturer's directions to process the ice cream.

Yield: approx. 1/3 gallon. Store tightly covered in the freezer.

## Polish blackberry soup

1 pint ripe blackberries

2 small lemons, sliced very thin

1 one-inch stick cinnamon

2 cloves

1/2 cup sugar

2 cups cold water



2 cups sour cream

Put all ingredients except sour cream into a soup kettle (any heavy pan) and bring to a boil. Lower heat and simmer 10 minutes or until fruit is soft. Remove cinnamon stick and cloves. Put cooked berry mixture in blender for about 20 seconds. Cool and chill well. Stir in sour cream just before serving.

## **Blackberry pancakes**

1 cup blackberries

2 eggs

2 cups buttermilk

2 cups flour

1 tsp baking soda

1 tsp salt

1 TBSP sugar

2 tsp baking powder

1/4 cup butter, melted

Beat eggs until light and fluffy. Beat in buttermilk and soda. Sift flour, salt, sugar and baking powder. Add flour mixture to egg mixture, beating well to make a thin batter. Add blackberries and butter. Fry on a hot buttered griddle until puffy and golden brown, turning cake only once. Serve very hot.

## **Blackberry puffies**

1/4 cup fresh blackberries

6 TBSP sugar

1 cup Bisquick

1/2 cup more sugar

1 egg, beaten

1/3 cup milk

Divide berries into 6 greased custard cups. Add 1 tablespoon sugar to each cup. Mix Bisquick and sugar; stir into combined egg and milk. Pour over Blackberries, filling cups 2/3 full. Tie waxed paper over each cup and steam 1/2 hour. Use pan with tight lid. Put cups on a rack and have water halfway to top of cups. Steam with barely boiling water.

# Blackberry Kuchen

1 quart blackberries  
1/3 cup sugar  
1/4 flour

Dough:

2 cups sifted flour  
1/3 cup sugar  
1 tsp baking powder  
1/3 cup butter, quite soft  
3 large eggs

Streusel:

1/3 cup sugar  
1/2 tsp cinnamon  
2/3 cup sifted flour  
1/3 to 1/2 cup butter



For Filling: Combine sugar and flour; pour over berries and let stand while making dough.

For Dough: Sift together flour, sugar and baking powder. Add butter and eggs. Work together lightly until it forms a dough (can use hands). Press dough against bottom and sides of 9" x 13" pan.

For Streusel: Sift sugar, flour and cinnamon in bowl. Cut in butter until size of peas (can use hands to get good texture). Pour Blackberries into dough and spoon streusel over top. Bake at 350F for 30 to 35 minutes.



# Crab Won Tons With Blackberry Szechwan Sauce

1/2 cup blackberry puree  
1/2 cup sake or dry sherry  
Continued Crab Won ton and blackberry sauce  
1 TBSP cornstarch  
1/2 tsp. salt (to taste)  
1/2 tsp. red pepper flakes (to taste)  
1/2 tsp. grated ginger  
1 tsp. lime juice  
2 cloves garlic, minced  
1 and 1/2 TBSP honey

## **For filling:**

2-3 oz. fresh spinach, trimmed & washed  
1 TBSP butter  
4 TBSP onion, chopped finely  
3 oz. cream cheese, cut into small chunks  
2 TBSP lemon juice  
2 TBSP dry breadcrumbs  
1/2 lb. flaked, cooked crabmeat  
dash salt, pepper, Tabasco (optional)

## **For won tons:**

Approx. 3 dozen won ton wrappers and vegetable oil to cover bottom of wok to 1/4 inch

## **DIRECTIONS:**

### **For sauce:**

Mix all ingredients in saucepan. Bring to a boil over medium high heat and cook until clear and thickened. (The flavor of this sauce improves after standing overnight.)

### **For filling:**

Wash spinach. With water still clinging to leaves, place in large pan over medium high heat. Cook until spinach just begins to wilt



### **Continuation of crab wonton.**

chop finely. Set aside.

Melt butter in sauté pan. Add onion and sauté until transparent. Reduce heat to low; add cream cheese. When the cheese begins to soften, add lemon juice to blend. Remove from heat and stir in crab, breadcrumbs, and spinach.

#### **For won tons:**

Place 1-2 tsp. filling in each wrapper and seal according to package directions. Place single layer of wontons in hot oil and fry 2-3 minutes until golden brown. Drain on paper bags or paper towels, and serve immediately with Blackberry Szechwan Sauce

## **Blackberry Breakfast Bars**

2 cups fresh or frozen blackberries or raspberries

2 tablespoons sugar

2 tablespoons water

1 tablespoon lemon juice

½ teaspoon ground cinnamon

1 cup all purpose flour

1 cup quick cooking rolled oats

2/3 cup packed brown sugar

¼ teaspoon ground cinnamon

1/8 teaspoon baking soda

½ cup margarine or butter melted

#### **DIRECTIONS**

For filling, in a medium saucepan combine berries, sugar, water, lemon juice and ½ teaspoon cinnamon. Bring to a boil. Reduce heat. Simmer, uncovered, for about 8 minutes or till slightly thickened, stirring frequently. Remove from heat.

In a mixing bowl stir together flour, oats, brown sugar, ¼ teaspoon cinnamon, and baking soda. Stir in melted margarine or butter till thoroughly combined. Set aside 1 cup of the oat mixture for topping. Press oat mixture into an ungreased 9x9x2-inch pan. Bake in a 350- for 35 minutes.



## Continuation of Blackberry breakfast bars

Carefully spread filling on top of baked crust. Sprinkle with reserved oat mixture. Lightly press oat mixture into filling. Bake in the 350-degree oven for 20 to 25 minutes more or till topping is set. Cool in pan on a wire rack. Cut into bars. Makes 18

# Dutch Babies with blackberry Sauce

## INGREDIENTS for Dutch babies

### For syrup:

1-2 cups blackberries (fresh or frozen)  
1 1/2 cups sugar  
1 TBSP lemon juice  
1/2 cup light corn syrup For Dutch Babies: 3 TBSP butter  
4 eggs  
1 cup low-fat milk  
1 cup flour  
2 TBSP sugar  
1 tsp. sugar DIRECTIONS



### For syrup:

Puree blackberries in food processor or blender and strain to remove seeds. (An alternate method is to heat berries with 1/4 cup water until they release their juice. Strain.) Measure and add enough water to equal 1 cup.

Combine puree/juice with all other ingredients and bring to a rolling boil. Boil for exactly one minute, counting the time after the mixture comes to a rolling boil that cannot be stirred down. Skim foam. Store in refrigerator. (Yield: approx. 1 pint).

### For Dutch Babies:

Melt butter in an 10.5" skillet in pre-heated 425 degree oven. While butter is melting, combine eggs in food processor or blender and

process for 1 minute. With motor running, alternately add flour and milk. Add sugar and vanilla and process 30 seconds more. Pour batter into hot buttered pan and bake for 20-25 minutes until puffed and golden brown. Serve immediately topped with syrup.

## Blackberry Tart

### *For crust:*

1 1/2 cups all purpose flour  
1/2 cup sugar  
1/2 cup butter, cut into 1" pieces  
1 egg, slightly beaten  
1 egg white, slightly beaten

### *For filling:*

12 oz. low fat cream cheese  
1/3 cup sour cream  
1/2 cup sugar  
1 1/2 teaspoons grated orange rind  
3 Tablespoons orange juice

### **For puree:**

2 cups fresh or whole frozen blackberries, thawed  
6 Tablespoons sugar  
1 1/2 Tablespoons each, cornstarch and cold water

### *For garnish:*

3 cups fresh, or whole frozen blackberries, partially thawed and drained



## DIRECTIONS

**For crust** - In large mixing bowl combine flour, sugar and butter. Beat at medium speed, scraping bowl often until mixture is crumbly - 2 to 3 minutes. (If using food processor, combine same ingredients in processor bowl, making sure butter is cold. Pulse 10-15 times. Remove to

mixer bowl.) Make well in center of flour mixture and pour in egg, reserving egg white for later. Blend with fork until incorporated thoroughly. Mixture will be very dry. Press dough to 1/4" thickness on bottom and sides of 10" tart pan with removable bottom. Chill for 1 hour. **Heat oven to 400** and bake 15 to 20 minutes or until golden brown. Cool.

**For filling** - Beat together softened cream cheese with sour cream. Add sugar, grated rind and juice and beat until smooth. Spread evenly over prepared crust and refrigerate.

**For puree** - Rinse processor. Place berries in bowl and process until pureed. Place in saucepan and cook on medium heat 2 to 3 minutes. Add sugar and continue to cook another 5 minutes. Gradually add cornstarch mixture to thicken. Cool.

Pour cooled puree over filling. Just before serving, garnish by placing fresh or partially thawed individual berries over top. Refrigerate until serving time.

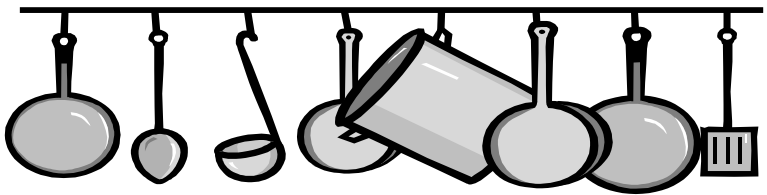


# Vegetables and nuts

Dandelions

Mushrooms

Hazelnuts



## Dandelion greens

Choose tender leaves in the spring or fall, before the plant has set a flower bud. Pick enough to fill a two quart container when pressed lightly. Discard brown, bug-eaten or damaged leaves. Put into gallon container, cover with cold water, add two tablespoons of salt, and let set for half an hour. This will release dirt and any bugs. Lift greens out of the saltwater and rinse briefly. Put them in pan with a tight lid, add two inches of cold water and cook over medium heat for 10 to 15 minutes, until the greens are well wilted. Do not drain until serving, but add a little vinegar and salt.

## Dandelion Jelly

### Jelly

This golden clear, delicate tasting jelly is glorious with biscuits and gravy on the first snowy morning of the year.

You'll need:

- Quart of fresh, bright dandelion flowers
- 2 tablespoons of lemon juice
- 5 1/2 cups of sugar
- 1 package (1 3/4 oz) powdered pectin
- paraffin

Using enamel or stainless steel pan, boil the flowers in 2 quarts of water for 3 to 5 minutes, cool, and strain, pressing the liquid out of the flowers gently. Measure 3 cups of the liquid, add the lemon juice and pectin. Put into a deep jelly kettle and bring to a boil, then add sugar and stir to mix well. Stir and boil for 2 1/2 minutes, or until mixture sheets from a wooden spoon, pour into jelly glasses and seal with melted paraffin when cool .

**What weeds Can you eat?** It varies from area to area, but

your local library should have books with pictures and descriptions. Never eat anything that you're not sure of.

Some of the most common are:

- Lambs quarter (leaves, seed)
- Purslane (leaves, stems, seed)
- Sunflower (seed)
- Dandelion (leaves, buds, flowers, roots)
- Shepherd's purse (leaves, seed pods)
- Dock, curly and slick (leaves)
- Daylily (flowers, leaves, buds, tubers)



## Wild Mushroom Recipes

### Mushroom Ragu

- 1 cup boiling water
- 1/2 cup (1/2 ounce) dried wild mushrooms, preferably porcini or morel
- 2 dry-packed sun-dried tomato halves (if you can find only sun-dried tomatoes packed in oil, rinse them in hot water rather than soaking them)
- 1 pound fresh wild mushrooms, such as shiitake, cremini, oyster porcini, morel, or Portobello, in any combination
- 1 1/2 teaspoons olive oil
- 2 medium onion, chopped
- 3 garlic cloves, minced
- 1/2 cup dry red wine
- 2 sprigs fresh thyme or 1/4 teaspoon dried thyme
- One 28-ounce can Italian peeled tomatoes, chopped, with their juices
- 1 teaspoon sugar
- 1/2 teaspoon kosher salt
- Freshly ground black pepper

Pour the boiling water over the dried mushrooms and tomatoes in a small bowl, cover, and set aside to soak until softened, at least 15

minutes.

## Mushroom Ragu recipe

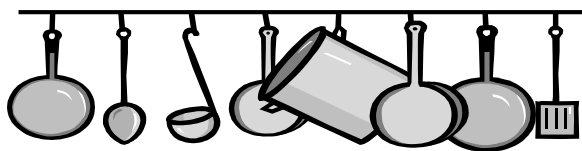
Wipe the fresh mushrooms clean with a damp paper towel. Trim off the tough stems and discard. If you are using portobellos, cut out the black gills and discard. Cut large mushrooms into 1/4-inch-thick slices through the stem; leave smaller ones (under 1 inch) whole.

In a medium saucepan, combine the olive oil, onions, and garlic, cover, and cook over medium heat until the onions begin to wilt, about 5 minutes. Uncover and sauté until they are just beginning to brown, about 2 minutes.

Meanwhile, scoop the dried mushrooms and tomatoes into a strainer, reserving the soaking liquid. Rinse them under cool water to remove any grit and press them with the back of a spoon to squeeze out the water. Coarsely chop them and set aside.

Carefully spoon about 3/4 cup of the soaking liquid into the saucepan with the onions, leaving behind any grit. Add the red wine and thyme and boil for 1 minute. Add the fresh mushrooms and cook, stirring, for 1 minute. Stir in the canned tomatoes and their juices, the chopped dried mushrooms and tomatoes, the sugar, and salt. Partially cover and simmer, stirring occasionally, until the mushrooms are tender and the ragù is thick, about 15 minutes. Pepper generously.

You can prepare the ragù up to 3 days ahead; cover and refrigerate. Or freeze for up to 2 months.



## Facts to Know about Mushrooms: Many are



# poisonous! Know what you are doing!

- **Did you know?**
- 
- 1. The main mushroom season is late summer to autumn, although some morels appear in spring. Because mushrooms absorb a lot of water, mushrooms picked just after the rain can be soggy and bland. Waiting too long, however, can mean that insects, slugs, maggots, and other collectors will get to the mushroom before you
- 2. Salt can bring out the water in mushrooms, which can cause them to go soggy when frying. It may be possible to avoid adding salt until the later stages of cooking. If the mushrooms release too much water during frying it is sometimes necessary to drain all the liquid (which can be used as a stock) and restart the frying with a fresh batch of oil/butter.
- 3. Beware: not to wild morel for the False Morel *Gyromitra Esculenta*. which all books describe as poisonous, and some as deadly.
- 
- 4. Wild morels usually appear in April and the season can last through June.
- 5. Associated with the roots of broad leaved trees, humus rich sand or clay, they often turn up some time after a fire or when the ground has been disturbed
- 6. Beware: **Morels MUST be cooked**, which destroys the poisons in the edible species.
- 7. The marvellous flavour of the morel does not need much embellishment and this mushroom is best when cooked simply or even just sautéed in butter.
- 8. The strong flavour is also used with cream in many sauces.
- 9. The caps darken as they grow. Generally, the darker the mushroom, the stronger its flavour.
- 10. Choose fresh specimens that have a firm yet spongy texture.

- 11. Fresh specimens should be cleaned well due to its dimpled head and hollow interior.

## Mushroom soup version 1

2 ounces morels or chanterelles (or other wild mushrooms)

1 cup Madeira wine

8 tablespoons (1 stick) sweet butter

2 cups finely chopped yellow onions (or use half leeks)

2 pounds fresh mushrooms

Salt and freshly ground black pepper to taste

4 cups chicken stock

1 pint heavy cream (optional)



Rinse the dried mushrooms well in a sieve under cold running water and soak them in the Madeira for 1 hour, stirring occasionally.

Melt the butter in a soup pot. Add the onions and cook, covered, over low heat until they are tender and lightly colored, about 15 minutes, stirring occasionally.

Trim stems from the fresh mushrooms. Wipe caps with a damp cloth or mushroom brush and slice thin. (Mushrooms absorb water like sponges so you don't want to soak them or rinse them. Instead, use a soft mushroom brush (available in kitchenware stores) or a damp cloth to wipe them off.) Add to the soup pot, season to taste with salt and pepper, and cook over low heat, uncovered, stirring frequently, for 15 minutes.

Carefully lift dried mushrooms from bowl they're soaking in with a slotted spoon and transfer to soup pot. Let Madeira settle a moment

and then pour carefully into soup pot, leaving sediment behind. (Or you can pour through a strainer.)

Add the chicken stock and bring to a boil. Reduce heat, cover and simmer for 45 minutes, or until dried mushrooms are very tender.

Strain the soup and transfer the solids to the bowl of a food processor fitted **Mushroom soup recipe continued**

with a steel blade. Add 1 cup of the liquid and puree until very smooth.

Return puree to the soup pot along with remaining liquid and set over medium heat. Taste, correct seasoning, and thin the soup slightly with heavy cream if it seems too thick. Heat until steaming and serve immediately.

*Makes 6-8 servings.*

## Chicken Stuffed hazelnuts and morel mushrooms

6 chicken breasts  
12-18 dried morels  
2 cups chicken stock  
1/2 cup chopped cilantro  
1/4 cup chopped green onions  
1/2 cup cream  
olive oil  
1/2 cup hazelnut butter  
1/2 cup white wine  
salt to taste



Heat the chicken stock and soak the morels for 20 minutes. Remove the morels from the soaking liquid and strain if necessary.

Skin and bone the chicken breasts. Pound them to one-half of their original thickness. Spread the hazelnut butter on the flattened thighs and roll them into logs. Secure with a toothpick if needed. Brown the breasts in olive oil, turning when necessary. When brown add 1/2

cup white wine, cover the pan, and braise until the chicken is just done. Do not overcook or the chicken will be tough and dry. While the chicken is braising, sauté the chopped green onions in 2 T olive oil until done. Add the chicken stock and simmer for 10 minutes. Puree the stock and shallots in a blender or food processor. Return the sauce to the pan, add the morels and reduce liquid to 1/2 cup. During the last minute of the reduction, add the finely chopped cilantro. Add the cream and reduce the sauce to the desired consistency. Serve the sauce over the chicken breasts

**Note:** Hazelnut butter is the best choice for this dish, but it can be very hard to find in the market. You can make your own in a food processor by grinding hazelnuts into a butter. You can also substitute almond butter, which is more readily available.

## Morel Sauce

- 1/4 cup water
- 1/4 cup sugar
- 1/4 cup red-wine vinegar
- 1 tablespoon Balsamic Vinegar plus additional to taste
- 3 tablespoons unsalted butter
- **24 fresh morels (about 1 pound)**, cleaned and trimmed (or 1 ounce dried morels, soaked, reserving 1/2 cup soaking liquid) 1/3 cup finely chopped shallots
- 2 cups dry red wine
- 2 cups chicken stock fresh lemon juice to taste

In a small heavy saucepan boil water with sugar, without stirring, until a golden caramel. Remove pan from heat and carefully add red-wine vinegar and 1 tablespoon balsamic vinegar down side of pan. Stir mixture over moderate heat until caramel is dissolved, about 3 minutes. Remove pan from heat.

In a heavy saucepan cook morels in butter, stirring, over moderate heat until liquid from morels is evaporated, about 5 minutes. Transfer morels with a slotted spoon to a bowl and reserve. Add shallots to pan and cook, stirring, until golden. Stir in wine and boil

until reduced to about 1 cup, about 15 minutes.

Add stock and reserved morel soaking liquid (if using dried morels) and reduce to about 1 1/4 cups, about 15 minutes. Remove pan from heat and stir in caramel mixture. Add morels to sauce with salt and pepper to taste. If desired stir in additional Balsamic Vinegar, 1 teaspoon at a time, and lemon juice.

## Salmon With Morel sauce

- 3 tablespoons butter
- 5 shallots, minced
- **18 ounces morels**, trimmed, cleaned and sliced
- 3/4 cup bottled clam juice
- 3/4 cup dry white wine
- 3 tablespoons whipped cream
- 2 teaspoons chopped fresh tarragon or 1/2 teaspoon dried
- 6 8-ounce salmon fillets
- fresh lemon juice
- 2 tablespoons butter, melted

Melt 3 tablespoons butter in heavy large skillet over medium heat. Add shallots and sauté 2 minutes. Increase heat to medium-high. Add Morels; sauté until beginning to brown, about 8 minutes. Add clam juice and wine; boil until liquids have almost evaporated, about 20 minutes.

Add cream to mushrooms; boil until thickened, about 1 minute. Mix in chopped tarragon. Season with salt and pepper.

Preheat broiler. Arrange salmon skin side down on broiler pan. Brush with lemon juice, then butter. Broil until just cooked through, without turning, about 6 minutes. Sprinkle with salt and pepper. Transfer to plates. Spoon Morels over.

## To Re-hydrate or Reconstitute

# Morels

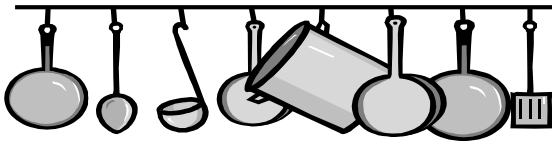
1. Conversions: 8 lbs of fresh morels equals 1 pound dry

1 lb dry morels reconstitutes to 4-5.5 pounds wet

1 oz dry equals 1/2 lb fresh or 1/4 lb reconstituted

2. To use morels in a soup or sauce that requires prolonged simmering, just soak the morels for a minute in the broth, water, or sherry before adding them to the simmer.

3. To reconstitute morels for stuffing, or use as a stand alone presentation, place the dried morels in a shallow covered container, spray them briefly with the spray attachment on your sink, and shake them around in the excess water. Let sit five minutes: all water should have been absorbed by the mushrooms, some will still be hard and dry. Add a splash of sherry if desired. Repeat spraying procedure, let set. The benefit of this dehydrating process is that there is no excess water and the flavor stays within the mushroom. Morels rehydrated this way will then keep a couple days in the fridge.



## Dried Morel Hints

- People often use older morels in soups, powdered and tossed in. dressing, rice etC
- Some cooks also find that using the powdered dried morels in a light gravy over fresh biscuits is great.. Again crush up dried morels and make your favorite light cream gravy and put over some fresh made biscuits
- Anecdotal evidence tells that some people keep jars of dried morels stored away for many years, only to be used on very special occasions!

- You might consider the front yard if you have any morels that you wish to toss due to unsuitability

## Dried Mushroom Soup

### Version 2

***Winter time means dried mushrooms and cold weather means soup. Ever notice how no matter what you do, you get some mushroom powder in the bottom of your storage bags? I pour all this mushroom essence together and let it soak overnight to make mushroom stock. Leave any grit in the bottom of the bowl when you draw off the stock.***

## Morel gravy recipe

2-3 oz dried mushrooms, rehydrated

1 qt stock or water from soaking morels  
 1 1/3 cup nutritional yeast  
 1/4 cup olive oil  
 2 T white wine or 1 TBSP vinegar  
 1 tsp. salt, 1 tsp. pepper  
 garlic or onion if desired



Re-hydrate the dry morels, and if you are one who likes to soak them, use the soaking water instead of vegetable or mushroom stock. Put the stock or water on a pan on the stove and heat it up

Use 2 TBSPS of the oil to sauté the morels for 3-5 minutes over

medium flame. Into the warm stock, whisk in nutritional yeast, vinegar/wine, salt, and then stir in the morel sauté.

## Wild Mushrooms and chicken

- 2 Cups Morel or other wild mushroom sliced
- 1-1/2 Cups white wine
- 1/4 Cup Chopped Onions
- 1 clove garlic chopped or pressed
- 2 Cups chicken stock
- 1/4 Cup milk
- 1 TBSP cornstarch
- 1 TBSP White wine
- 1 TBSP Beaver Sweet Hot Mustard
- 2 TBSP Sour Cream
- 4 Boned Chicken Breasts
- Salt & Pepper to taste
- 
- 4 Cups Salad Greens Clean mushrooms - slice and marinate in 1/2 C white wine - then add onions and garlic -marinate
- 
- 2-3 hrs.
- 
- In a small sauce pan simmer wine & mushrooms until it reduces to about 3 TBSP liquid - then add chicken stock and simmer until reduced to 1-1/4 Cups liquid.



Then add 1/4 Cup milk that has 1 tsp. mustard, 1 TBSP Wine and 1 TBSP cornstarch in it. Simmer until thickens

Just before serving add 2 TBSP Sour Cream - salt & pepper to taste. CHICKEN: In skillet pour 1 Cup wine - bring to boil - add chicken breasts - cover and reduce heat to low and cook about 10 min - turn chicken over once.

Remove breasts and place on lettuce greens & cover with mushroom sauce Brown the slivered almonds and sprinkle a few over the top----enjoy!



# Dried Mushroom soup

## Version 3



As many wild mushrooms as you like, minimum 3 ounces dried  
4 cups stock  
1.5 lb potatoes, cubed  
2c half & half  
3T butter  
1 large onion, diced  
4 strips of bacon, chopped & uncooked

Sautee bacon and onion in butter, about 5 min. Add stock, half & half, potatoes, and mushrooms; bring to a boil, cover and simmer for 20 minutes, then remove half the soup, puree in blender, return to the pot, and season with salt and pepper to taste.

Serve and garnish with chopped scallions and bacon crumbles.

## Wild Mushroom And Bell Pepper Saute'

1/4 cup (1/2 stick) butter  
2 small red bell peppers, cut into bite-size triangles  
2 small orange bell peppers, cut into bite-size triangles  
8 ounces oyster mushrooms (cut large mushrooms into thirds)  
3 tablespoons fresh tarragon leaves or 2 teaspoons dried, crumbled  
3 ounces soft fresh pepper-coated goat cheese, crumbled

Melt butter in heavy large skillet over medium heat. Add bell peppers and sauté until tender, about 8 minutes. Stir in

mushrooms. Season to taste with salt and pepper. Sauté until mushrooms are golden brown, about 5 minutes. Mix in tarragon; cook 1 minute. Sprinkle with goat cheese and serve.

## Wild mushroom omelet

1/4 pound mushrooms cleaned and sliced

1/2 green or red pepper chopped

2 TBSP olive oil

4 eggs

4 egg whites

1/4 cup milk or water

Salt and pepper to taste.



Sauté clean mushrooms for 3 minutes or so, stirring occasionally, until green pepper is softened. Meanwhile, beat eggs, egg whites, milk, salt and pepper in a medium bowl. When vegetables are soft, transfer them to a plate. Pour the egg mixture into the skillet and cook over medium flame. Lift edges of the skillet to allow raw egg mixture to flow underneath and cook. When the egg is about half set, sprinkle with mushrooms and green pepper. Fold the egg over to enclose the filling and cook to desired doneness. Slide onto a serving platter, then divide into portions and serve. Serves 2 to 4, depending on appetites.



# Mushroom Sausage Strudel

## Ingredients

- 1/2 pound bulk hot sausage in casing
- 1/2 pound wild mushrooms, chopped
- 1/2 teaspoon dried thyme, crumbled
- 1 tablespoon Dijon mustard
- 1/4 cup sour cream
- 1 package (8 oz.) refrigerated crescent rolls

## Directions

Preheat oven to 350 degrees. Place rack in upper third of oven.

### To Make Filling:

In a medium skillet, preferably non-stick, sauté sausage over moderate heat, breaking up with a fork until cooked through and crumbled. Drain off fat. Add mushrooms and thyme and sauté over high heat until all liquid has evaporated and mushrooms begin to brown. Cool and stir in mustard and sour cream. This makes 1 1/2 cup filling.

### To Make Strudels:

Remove half package of rolls and place on a lightly floured board. Press perforations together to seal. Turn over and press perforations on other side. Roll lightly into approximately a 15 x 4-inch rectangle. Spoon half the filling into a log down center of pastry. Fold pastry over and roll up. Crimp ends. transfer to an un-greased baking sheet, seam side down. Repeat with remaining filling and rolls. (Strudels may be refrigerated overnight or frozen in refrigerator.)

### To Bake:

Bake for 14 to 18 minutes or until golden. Remove from oven and cool slightly. Transfer to cutting board and slice into 1-inch pieces.

**“Nuts never fall too far from the tree”**

***Hazelnuts are native to Minnesota and grow along fence lines. They must be picked and then dried.***

## **CHERRY AND HAZELNUT SALAD**

- 1 pound fresh sweet cherries, pitted and sliced
- 6 cups mixed lettuces
- 3/4 cups crumbled Gorgonzola cheese
- 1/2 cup chopped toasted hazelnuts
- 1/3 cup vinaigrette salad dressing (homemade or purchased)

In a large bowl, combine cherries, lettuces, cheese and hazelnuts.

Just before serving, drizzle salad with vinaigrette and toss lightly

## **Toasted Oregon Hazelnut Cakes**

- 2 cup Roasted Oregon hazelnuts
- 1 1/2 tbsp Fresh basil, minced
- 1 1/2 tbsp Fresh thyme, minced
- 2 tsp Fresh marjoram, minced
- 1 cup Minced onion
- 2 10-inch flour tortillas
- dried on griddle or grill
- then crumbled/chopped
- 1/2 lb Grated muenster cheese
- 
- 1 tsp Ground black pepper
- 1 tsp Salt
- 2 Eggs
- Vegetable oil



Toss together hazelnuts, basil, thyme, marjoram, onion, tortillas, cheese, pepper and salt. Place the mixture in the bowl of a food processor fitted with a metal blade; pulse until coarsely chopped. Beat eggs in a medium bowl; fold nut mixture into the eggs. Measure 1/4 cup portions and use your hands to shape into oval cakes (you should have 18 cakes). If preparing ahead, separate the cakes between layers of wax or parchment paper, wrap tightly with plastic wrap and refrigerate until ready to cook. Lightly oil a cast-iron skillet or griddle and heat over medium heat. Grill hazelnut cakes until golden brown, about 2 to 3 minutes on each side.

## Hazelnut Kraut Cake

1 tbsp Butter or margarine  
1 1/2 cup Chopped Oregon hazelnuts divided  
1 cup Sauerkraut rinsed and drained  
1/2 cup Cranberry juice  
1 cup Butter or margarine  
2 cup Sugar  
3 Eggs  
2 tsp Vanilla  
1 package Raspberry gelatin (four serving size)

3 cup Sifted all-purpose flour  
1 tsp Salt  
1 1/2 tsp Baking soda  
1 1/2 cup Peeled, chopped apples  
1 cup Dried cranberries

Yield: 12 to 16 servings.

Grease 10-inch bundt pan with tablespoon of butter. Sprinkle with 1/2 cup hazelnuts and set aside. Mix kraut with cranberry juice and set aside.

Place butter in large bowl and beat in sugar and cream until fluffy. Add eggs one at a time, mixing well after each. Add vanilla. Sift dry ingredients together and add to batter. Stir in apples, cranberries,

remaining cup of nuts, and the kraut mixture. Mix well. Pour batter into prepared pan and bake at 325 for 1-1/2 hours or until cake tester inserted in center of cake comes out clean. Remove from oven and cool on wire rack, in pan, for at least 15 minutes. Run knife along edge of cake to loosen, then invert onto a serving plate. When cake is completely cool, drizzle with Rosy Glaze: mix 2-3 tablespoons cranberry juice and 1 cup powdered sugar to drizzle consistency.

## Blueberry Hazelnut Wheat Coffee Cake

1/2 cup Real butter  
2/3 cup Sugar  
1 large Egg  
1 1/2 cup Hard white wheat (grind until fine)  
1 1/2 cup Flour  
2 tbsp Poppy seeds  
1/2 tsp Soda  
1/4 tsp Salt  
1/2 cup Sour cream mix

### TOPPING

2 cup Fresh or frozen blueberries (thawed, if frozen)  
1/3 cup Sugar  
2 tsp Whole wheat flour  
1/4 tsp Nutmeg  
1/2 cup Chopped Oregon hazelnuts

Beat butter, sugar and egg until fluffy. Add ground wheat to the flour, poppy seeds, soda and salt. Mix 1/3 of dry mixture with butter mixture, then add 1/4 cup sour cream, then the remaining flour mixture. Continue to mix on medium speed for two minutes. Grease pan (bottom and sides) and dust with sugar. Spread batter over bottom and one inch up the sides. Combine all ingredients for topping and sprinkle over batter. Bake at 350 for 40-45 minutes. Cool.

# Hazelnut Swirl Coffee Cake

1/2 cup Solid vegetable shortening  
1 1/2 cup Sugar  
5 Eggs  
3 cup Sifted all-purpose flour  
1 tsp Baking soda  
1 tsp Baking powder  
1/2 tsp Salt  
1 cup Dairy sour cream  
1/4 cup Milk  
2 tsp Vanilla  
1 1/2 cup Roasted & ground hazelnuts  
-(Oregon hazelnuts)  
1/2 cup Sugar  
6 tbsp Unsweetened cocoa

Cream shortening with 1-1/2 cups sugar. Add eggs, one at a time, beating well after each. Sift together flour, baking soda, baking powder and salt. Stir into the creamed mixture alternately with sour cream, milk and vanilla. Pour half the batter into a greased and floured 10-inch tube pan. Combine nuts, 1/2 cup sugar and cocoa. Sprinkle half the cocoa mixture over batter in pan. Spoon remaining batter over cocoa mixture, then sprinkle with remaining cocoa mixture. With a metal spatula, cut through batter to swirl in cocoa mixture slightly. Bake in a 350 oven for 1 hour, or until cake tests done. Cool in pan about 10 minutes before turning out. Cool on rack.

# Hazelnut-Chocolate Cheesecake

In heatproof bowl set over hot, not simmering, water, combine heavy cream from basic recipe with 3 oz chopped semisweet chocolate. Heat, stirring frequently, until mixture is melted and smooth. Remove from heat; cool slightly. Stir into cream cheese, sugar and flour mixture

until smooth. Precede with recipe as directed, stirring 1/2 cup finely ground, lightly toasted hazelnuts and 3 oz coarsely chopped semisweet chocolate into batter at end. Put into prepared pan. Bake as directed. Drizzle chilled cheesecake with store-bought chocolate sauce and garnish with hazelnuts, if desired

## Hazelnut Pumpkin Spice Cake

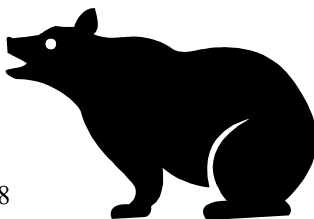
1/2 cup Shortening  
1 cup Sugar  
1 cup Brown sugar  
2 Eggs, beaten  
1 cup Cooked, mashed pumpkin  
3 cup Sifted flour  
4 tsp Baking powder  
1/4 tsp Baking soda  
1 tsp Salt  
1 tsp Cinnamon  
1/2 tsp Nutmeg  
1/4 tsp Cloves  
1/2 cup Milk  
1 cup Roasted & chopped hazelnuts



Cream shortening; gradually add sugars. Beat in eggs and pumpkin. Sift

together dry ingredients and add alternately with milk to creamed mixture. Fold in hazelnuts. Batter will be heavy. Pour into 3 greased and floured 8-inch layer cake pans. Bake in 350 oven for 30 minutes. Cool 5 minutes in pans, then remove to cooling racks to cool completely. Add roasted, chopped hazelnuts to butter icing for frosting and garnish with sliced hazelnuts.

Yield: 1 8-inch layer cake.





2 cup Buttermilk  
1 1/2 cup Old fashioned oats  
2 Eggs  
1/2 cup Flour  
1 tbsp Sugar  
1 tsp Baking soda  
1/2 tsp Salt  
1/2 cup Hazelnuts, chopped, toasted  
Vegetable oil  
Maple syrup

Mix buttermilk and oats in large bowl. Let stand 5 minutes. Whisk in eggs. Mix in flour, sugar, baking soda and salt; stir in chopped hazelnuts. Heat heavy large skillet over medium-high heat. Brush with oil. Drop batter by 1/3 cupful into skillet, spacing apart. Cook until bubbles form on top of pancakes, about 2 minutes. Turn and cook until bottoms are golden, about 2 minutes more. Transfer to plate. Repeat with remaining batter, brushing skillet with oil as needed. Serve with maple syrup.

## Hazelnut Chicken

### **Ingredients:**

4 (6 oz.) skinless, boneless chicken breasts  
1 cup flour  
3 eggs, beaten  
2 cup chopped raw hazelnuts  
1/4 tsp chopped garlic  
1/8 cup dry white wine  
2 cup chicken stock  
1/8 cup Dijon mustard  
2 Tbsp butter, melted  
4 Tbsp flour  
1 cup heavy cream

1/4 tsp chopped fresh tarragon

salt and pepper to taste

Rinse and pat dry chicken breasts, dip in egg, coat with flour, coat with hazelnuts. Sauté one side of the chicken breasts in vegetable oil until golden brown (about 3-4 minutes). Put uncooked side up in a shallow baking pan and bake at 350 degrees for 6-8 minutes. Remove to a warmed plate.

For the sauce: In medium saucepan sauté the garlic in 1 Tbsp vegetable oil. Add the wine and reduce to about 2/3 the original quantity. Add the chicken stock and mustard and bring to a boil. Mix the melted butter and flour and add

Cream. Cook over medium heat stirring constantly until thickened. Strain to remove lumps, add tarragon, salt and pepper and ladle over or under each chicken breast



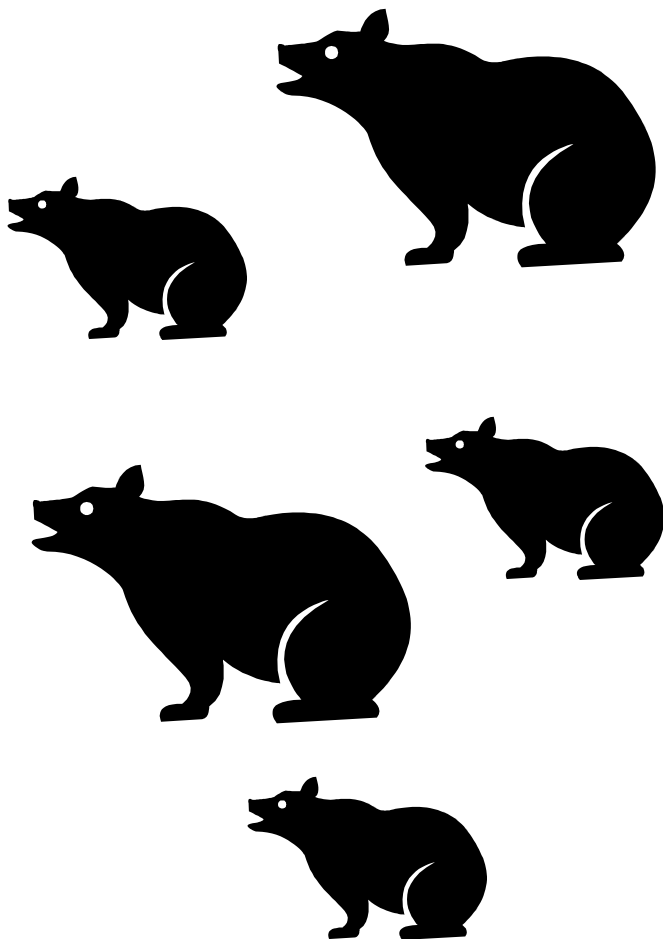
**Did you know according to the Minnesota DNR...**

The black bear is omnivorous, eating anything that resembles food in looks, smell, or taste. It feeds on grasses, fruits, berries, buds or leaves, nuts, insects and their larvae, and on small animals and carrion. Less than ten percent of a bear's food is animal matter.

Most bears are wary of people and will usually leave when encountered. Although seeing a bear can be a memorable experience, many people are frightened when they encounter these animals.

Bears can become a nuisance when they visit homes, resorts, campgrounds and restaurants. Although some bears become used to people, they are still wild animals no matter how "tame" they may appear. People must always be cautious

around bears since they may react unpredictably. Beware of the bear with young!



## Hazelnut Pancakes

3 cup Buttermilk pancake mix

1/4 lb Oregon hazelnuts, chopped  
1/4 tsp Nutmeg  
1/4 tsp Almond extract  
1 tsp Vanilla  
Water as needed

In a food processor or blender, grind hazelnuts into a meal (some small chunks are fine). Mix nuts with 1-cup water and seasonings.

Add

to mix with more water (approximately 1-1/2 cups) to proper consistency. Cook on griddle.

## Wild Rice Stuffing

### Part I

1 1/2 cups uncooked wild rice

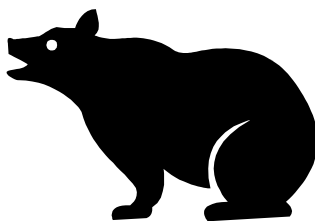
1 cup finely minced onions

1/2-cup butter

1 tablespoon finely chopped parsley

4 cups chicken broth

Salt and freshly ground pepper to taste



Place the rice in a colander and wash well under cold running water.  
Drain Well.

Cook the onions in the butter stirring until wilted. Add the parsley and rice. Continue stirring and cooking about 5 minutes then add the broth and, if desired, salt and pepper. Bring to a boil, cover and cook

over low heat until rice is tender, 30-40 minutes.

Makes 5-6 cups of rice.

## **Part II**

1/4-cup butter

1 cup diced celery and leaves

1 cup sliced mushrooms

1 cup slivered almonds sautéed in butter

1/2-teaspoon thyme

5-6 cups cooked wild rice

Heat butter in a large skillet. Add celery, leaves and sliced mushrooms. Cook until wilted.

Combine cooked wild rice, celery and mushroom mixture, thyme and almonds. Check for seasoning.

Stuff inside the bird and/or:

Place in a buttered casserole and bake covered at 350 degrees 35-40 minutes. Remove cover, baste with turkey juices and bake another 15 minutes.



# Wild Rice Recipes



**Soups**

**Casseroles**

**Puddings**

**Salads**

# Minnesota Wild Rice Soup

2 C cooked wild rice (about 1/2 C uncooked)

1 lg. onion, diced

2 lg. fresh mushrooms, diced (or 1 sm. can sliced mushrooms, drained)

1/2 C (1 stick) butter

1 C flour

8 C hot chicken broth

Salt & pepper to taste

1 C light cream or half and half

1-2 TBSP sherry or dry white wine (opt.)

Prepare wild rice as directed. Sauté' onions and mushrooms in the butter, about 3 minutes or until softened. Sprinkle in flour, stirring and cooking until flour is mixed in but don't let it brown. Slowly add the chicken broth until blended well. Add rice and salt and pepper to taste. Heat thoroughly; stir in the cream. Add dry white wine if desired. Heat gently, but do not boil.

Yield: about 12 servings. NOTE: Recipe can be made in advance up to the point of adding cream. Then reheated and finished at serving time.

## Minnesota Cream Of Wild Rice Soup Version 2

2 C cooked wild rice, about 1/2 C uncooked or more

1 lg. onion, diced

1/2 green pepper, diced

1 1/2 ribs celery, diced

2 lg. fresh mushrooms, diced or 1 sm. can sliced mushrooms, drained

1/2 C (1 stick) butter

1 C flour

8 C hot chicken broth

Salt & pepper to taste

1 C light cream or half & half

1-2 TBSP dry white wine, optional, or more

Prepare the wild rice according to package or basic directions. Sauté'

the onion, green pepper, celery and mushrooms in the butter about 3 minutes or just until vegetables soften. Sprinkle in the flour, stirring and cooking until flour is mixed in, but do not let it begin to brown. Slowly add the chicken stock, stirring until all the flour-butter-vegetable mixture is blended well. Add the rice and season to taste with salt and pepper. Heat thoroughly, stir in the cream. Add the dry white wine, if desired. Heat gently, but do not boil. About 12 servings.

## Cinnamon Wild Rice Pudding

2 cups cooked wild rice  
2 cups hot half-and-half  
1/2 cup maple syrup  
2 eggs  
1 teaspoon vanilla  
3/4 cup raisins  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
Additional sugar/cinnamon

Combine all. Turn into a 1-1/2 quart casserole. Sprinkle with cinnamon and sugar. Bake at 350 (F) for 1 hour or until set. Serve warm or chilled. 8-10 servings

## Wild Rice Salad

2 cups cooked wild rice, chilled  
2 large unpeeled red apples, diced  
1 Tablespoon lemon juice  
1 Tablespoon brown sugar  
2 stalks celery, chopped  
1/2 cup plain non-fat yogurt  
1/4 cup mayonnaise

Toss apples with brown sugar and lemon juice. Stir in celery and rice. Blend together yogurt and mayonnaise. Toss with salad ingredients and chill.



# Wild Rice Casserole

1/2 lb. bacon (diced)  
1 can cream of mushroom soup  
1 cup celery (diced)  
1 can cream of chicken soup  
1 medium onion (diced)  
1 can mushrooms

Pimento (optional) adds color  
1 cup wild rice

Accent and seasoned salt

Wash wild rice and place in boiling salted water. Boil about 20 minutes or until partially done, drain. Fry diced bacon; pour off grease as necessary. Leave enough grease to sauté' onions, celery and green pepper--add when bacon is nearly done. Place in casserole, adding water to cover. Place in medium oven (350 degrees F) for approximately one hour. Serves 6. Optional: Chopped chicken can also be added.

# Cherry Wild Rice Salad

3/4 cup raw wild rice  
3/4 cup cherry brandy  
2 cups water  
2 bananas (sliced)  
1 lb fresh bing cherries (pitted/sliced)  
1 cup sliced almonds  
1 cup cream (whipped)  
1/4 cup powdered sugar  
1 teaspoon vanilla

Cook wild rice in a covered saucepan until very tender (almost mushy) about 40-60 minutes. This is very important because the

cherry brandy seems to harden the wild rice. Add cherry brandy and simmer uncovered until excess moisture is evaporated. Refrigerate. This will keep in the refrigerator for a week--in the freezer indefinitely.

Pit and slice cherries, slice bananas. Combine with wild rice and almonds. Whip cream, powdered sugar and vanilla until thick. Set some aside for topping. Fold whipped cream and wild rice and fruit mixture together. Refrigerate. Before serving, stir mixture and serve. Top with whipped cream, topped with almonds and cherries.



## Wild Rice Cooking

### **Cooking Wild Rice Using the Stovetop Method**

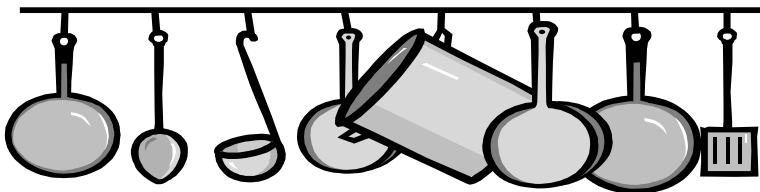
Wash 1 cup uncooked wild rice thoroughly. Add to 3 cups boiling water, salted to taste, in a heavy saucepan. Return water to boil and stir. Reduce heat and simmer, covered, 50-60 minutes or just until rice puff open. Uncover and fluff with table fork. Simmer five additional minutes. Drain any excess liquid. For chewier texture cook less time. Yield: 3-4 cups of cooked wild rice. (For additional flavor, try cooking in beef or chicken broth)

### **Cooking Wild Rice Using the Oven Method**

Wash 1 cup uncooked wild rice thoroughly. Combine with 2 cups water in a covered 2-quart casserole. Cover and bake at 350 F for 1 hour. Check wild rice. Add more water, if needed, and fluff with a fork. Continue baking for 1/2 hour. Wild rice should be moist, not dry. Yield: 3-4 cups cooked wild rice. (For additional flavor, try cooking in beef or chicken broth)

## Cooking Wild Rice Using the Microwave Method

Wash 1 cup uncooked wild rice thoroughly. Combine with 3 cups water in a covered 2-quart glass casserole. Microwave on HIGH for 5 minutes. Microwave on MEDIUM (50 percent power) for 30 minutes. Let stand 10-15 minutes, drain. Yield: 3-4 cups cooked wild rice. (For additional flavor, try cooking in beef or chicken broth)



## Minnesota Wild Rice Soup version 3

2 C cooked wild rice (1/2 C uncooked)  
1 lg. onion, diced  
1/2 C butter  
1 sm. can sliced mushrooms  
1 C flour  
8 C hot chicken broth  
Salt & pepper to taste  
1 C light cream or half & half



Prepare wild rice - sauté' onions and mushrooms in butter (3 minutes) until vegetables soften. Add flour until mixed in - do not let brown. Slowly add chicken broth, stirring until flour, butter and vegetable mixture is well blended. Add wild rice; season with salt and pepper; heat thoroughly. Stir in cream. Heat gently; do not boil.

Use a large skillet when browning onions and mushrooms, as you will be adding flour and chicken broth. Serves 12.

## **Did you know? Wild rice is a grain, not a form of rice!**

Although Native Americans were harvesting Wild Rice for centuries, commercialization of wild rice began in the early 1600's because of voyageurs and fur traders. Wild Rice soon became very valuable to these early explorers as a food supply and for trading.

Wild rice is not rice at all, but in fact a grain. Wild rice is native to North America, grows wild in the Great Lakes Region, is harvested for food, and is also grown as a field crop. It is often referred to as the "caviar of grains".

Harvesting wild rice is the process of gathering wild rice kernels from their stalks. This is a process that has been used by the Ojibwa Indians for centuries.

Other than a canoe, the only tools required for the harvest are those to propel and to knock the ripe kernels into it. Harvesters use a long pole, forked at the end, to push the boat. The pole is forked because it grips the soft, mucky bottom without harming the root bed.

## **Chicken Wild Rice Sandwich Spread**

- 2 cups chopped cooked chicken
- 15 oz. can cooked wild rice, drained
- 1/2 cup dried cherries, chopped
- 2 cups cubed Havarti cheese
- 1/2 cup mayonnaise
- 3 TBSP raspberry vinegar
- 1 TBSP honey
- Salt and pepper to taste



# Wild Rice Chile

## PREPARATION:

Combine all ingredients in a medium bowl and blend gently to combine. Cover

- 1 lb. ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- 3/4 cup wild rice
- 14 oz. can diced tomatoes, un-drained
- 6 oz. can tomato paste
- 2 (15 oz.) cans kidney beans, rinsed and drained
- 10 oz. can condensed beef broth
- 2 cups water
- 1 TBSP chili powder
- 1/4 tsp. cumin
- 1/8 tsp. pepper



## PREPARATION:

In heavy skillet, cook ground beef until brown, stirring to break up meat. Add onion and garlic and cook for 4-5 minutes longer until vegetables are crisp tender. Place in a pot and stir gently. Make sure wild rice is immersed in the liquid. Cover and cook on low for 8-9 hours until wild rice is tender. Serve topped with sour cream and shredded cheese, if desired.

# Wild Rice Quiche

- 1 9" unbaked pie shell
- 1 TBSP olive oil
- 1 red bell pepper, finely chopped
- 1 onion, finely chopped
- 1 cup cooked wild rice, drained if necessary

- 3 eggs
- 1 cup sour cream
- 1 TBSP Dijon mustard
- 1/8 tsp. pepper
- 2 cups shredded Havarti or Swiss cheese
- 1/4 cup grated Parmesan cheese

### **PREPARATION:**

Pre-bake the pie shell at 400 degrees for 5-8 minutes or just until crust begins to brown. Set aside while preparing filling.

In medium skillet, cook red bell pepper and onion in olive oil until tender.

Add wild rice to skillet and set aside.

[Combine eggs, sour cream, mustard and pepper in medium bowl and beat well.

Sprinkle half of the Havarti cheese over the piecrust, then spread wild rice mixture over cheese. Pour egg mixture over and sprinkle with remaining Havarti cheese. Sprinkle with Parmesan cheese. Bake pie at 400 degrees F for 30-35 minutes or until filling is puffed, set and beginning to brown. 6 servings

## **Crock-pot Wild Rice Pilaf**

### **INGREDIENTS:**

- 1-1/2 cups uncooked wild rice
- 1/2 cup finely chopped onion
- 1/2 tsp. salt
- 1/8 tsp. pepper



- 14 oz. can ready to serve chicken broth
- 2 cups water
- 4 oz. can sliced mushrooms, drained
- 1/2 tsp. dried thyme leaves



### **PREPARATION:**

Spray 4-6 quart slow cooker with nonstick cooking spray. Rinse rice and drain well. Combine in crock-pot together with green onion, salt, chicken broth and water and mix well. Cover crock-pot and cook on high for 3-4 hours.

Add mushrooms and thyme and stir gently.

## **Wild Rice Meat Loaf**

- 2 TBSP olive oil
- 1 onion, finely chopped
- 1 cup cooked wild rice
- 1 jalapeno pepper, seeded and minced, if desired
- 2 eggs, beaten
- 1/2 cup tomato juice
- 1/2 cup milk
- 1/2 tsp. dried basil leaves
- 1/2 tsp. dried thyme leaves
- 1-1/2 lbs. lean ground beef
- 1-3/4 lbs. lean ground pork
- 3 TBSP chili sauce
- 1 TBSP Dijon mustard
- 1/8 tsp. smoked paprika
- 3 slices bacon



### **PREPARATION:**

Preheat oven to 375 degrees F. In heavy skillet, heat olive oil and add minced onion. Cook and stir until tender, about 5 minutes. Pour into large bowl and add cooked wild rice, hot pepper, beaten eggs, tomato juice, milk, basil, and thyme.

Mix thoroughly. Add ground beef and ground pork and mix gently but thoroughly until combined. Form into a loaf on a slit broiler pan.

In small bowl, combine chili sauce, mustard and paprika. Spread over the meatloaf. Then lay the bacon slices on top. Bake at 375 degrees for about 1-1/2 hours, until internal temperature reaches 160 degrees. You may need to reduce the heat to 350 degrees if the loaf is getting too brown. Let stand, covered, 10 minutes before slicing. Serves 6-8

## Wild Rice Stuffed Turkey Breast

### INGREDIENTS:

- 1-1/2 cups wild rice
- 1 onion, finely chopped
- 1/2 cup dried cranberries
- 2 apples, chopped
- 3 cups water
- 4-5 lb.boneless whole turkey breast, thawed if frozen

### PREPARATION:

You can peel the apples or leave them unpeeled, as you wish. Chop apples coarsely and mix with rice, onion and dried cranberries; place in bottom of 4-5-quart crock-pot. Pour water over, making sure all wild rice is covered with water.

If turkey breast is frozen, thaw it. Place turkey on top of rice mixture. Cover crock-pot and cook on low for 8-9 hours until turkey is thoroughly cooked and reaches 180 degrees on a meat thermometer, and wild rice is tender and popped. 10 servings

## Black Bean Wild Rice Salad

- 1 cup medium barley
- 1/2 cup wild rice
- 15 oz. can black beans, rinsed and drained
- 2 cups sliced mushrooms
- 2 cups grape tomatoes



- 2 cups chopped cooked chicken
- 1/2 cup mayonnaise
- 1 cup plain yogurt
- 1/2 cup creamy honey mustard salad dressing
- 2 TBSP honey mustard
- 1/4 cup milk

#### **PREPARATION:**

Cook barley and wild rice as directed on packages. While they are cooking, combine mayonnaise, yogurt, salad dressing, mustard, and milk in large bowl and mix well. When the grains are tender, drain well and stir into the dressing mixture.

Add remaining ingredients and stir gently to coat. Chill at least 2 hours before serving. 8 servings

## **Wild Rice Turkey Bake**

- 3 cups cooked wild rice
- 3 cups chopped cooked turkey
- 16 oz. pkg. frozen French cut green beans, thawed
- 17 oz. jar alfredo sauce
- 1/2 cup soft bread crumbs

#### **PREPARATION:**

Preheat oven to 350 degrees. Mix rice, turkey, green beans and Alfredo sauce in large bowl. Place in 12x8" glass baking dish and sprinkle with breadcrumbs. Bake at 350 degrees for 45-50 minutes until casserole bubbles at the edges and breadcrumbs are browned.

## **Crock-pot Wild Rice Casserole**

#### **INGREDIENTS:**

- 6 slices bacon
- 1 onion, chopped
- 2 cloves garlic, minced
- 14 oz. can condensed chicken broth



- 1-1/3 cups water
- 10 oz. can condensed cream of chicken soup
- 9 oz. bag baby carrots
- 1-1/4 cups wild rice
- 1-1/2 lbs. boneless, skinless chicken breasts, cut into 1" pieces
- 1/4 tsp. dried marjoram

### **PREPARATION:**

In large skillet, cook bacon until crisp. Remove bacon, crumble and refrigerate. Remove all but 1-tablespoon bacon drippings from skillet. Add onion and garlic to skillet and cook and stir for 2-3 minutes.

Stir in broth, water, and condensed soup; cook and stir until bubbly, 3-4 minutes. Place wild rice and carrots in 3-4-quart crock-pot. Top with chicken pieces and pour mixture in skillet over chicken. Sprinkle with marjoram. Cover crock-pot and cook on HIGH for 1 hour. Stir mixture, making sure wild rice is submerged in liquid. Reduce crock-pot setting to LOW and cook, covered, for 6-8 hours until chicken is thoroughly cooked and wild rice is tender. Sprinkle reserved bacon into crock-pot during the last 30 minutes of cooking time. 6 servings

## **Orange Wild Rice Chicken Salad**



- 3 cups cooked wild rice
- 2 cups cubed cooked chicken
- 1 cup sugar snap peas
- 11 oz. can mandarin oranges, drained
- 1/2 cup honey Dijon salad dressing

## PREPARATION:

Combine all ingredients and mix well. Chill until serving. 4 serving

# Ham Broccoli and Wild Rice

- 1 TBSP olive oil
- 1 onion, chopped
- 4 oz. pkg. long grain and wild rice mix
- 1-3/4 cups water
- 2 cups frozen broccoli florets
- 1-1/2 cups cubed cooked ham

## PREPARATION:

In a large skillet, melt butter over medium heat and cook onion until tender, stirring frequently. Add rice from mix and cook for 2 minutes, stirring frequently. Add water and contents of seasoning packet; mix well.

Bring to a boil, then reduce heat to low, cover the skillet, and cook for 10 minutes, stirring occasionally.

Stir in broccoli and ham. Return mixture to a boil, then reduce heat again to low, cover, and cook 10-15 minutes until rice is tender, stirring frequently. Serves

## *Wild Rice Pancakes*

### *Ingredients*

- 2 eggs
- 4 Tablespoons melted unsalted butter
- 1-1/4 cup flour
- 2 teaspoons sugar
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper

2 cups milk  
2 cups cooked wild rice

Mix all the ingredients together. Cook on either a lightly greased griddle or a large frying pan at medium high heat. Once the pan is heated, using 1/4 cup of batter for each pancake, ladle batter onto the griddle so that the cakes are about 4 inches apart. When the edges are slightly browned and bubbles on the surface begin to pop, flip the cakes and continue cooking until they are done all the way through. I really enjoy these served with maple syrup for an UpNorth treat.

# Facts About the Author

Trish St. John: (Patty Johnson)

Pat was born in Northern Minnesota, near the Headwaters of the Mississippi River. As a child, she visited Grand Portage and walked the paths the voyageurs traveled. She listened to Indian lore from the Red Lake Reservation near her home and became fascinated by the stories of the Fur trade. After teaching English and Minnesota history for a number of years, she vowed to her students that one day, she would write a story about the Minnesota fur trade. She did and her novel, ***Ripe Chokecherry Moon*** came out in February 2006.

Today, Pat lives with her husband and golden retriever on the Sauk River in St. Cloud, Minnesota. She enjoys watching nature out her back window, cooking and traveling, designing and creating stained glass windows, AND decorating on a schoolteacher's salary.

Pat has always been interested in cooking. She received her first children's electric stove that actually worked when she was seven years old. From that time on, everyone in the neighborhood tried out her new recipes. Hopefully, you will enjoy some of these recipes from her childhood.

Pat writes primarily from her cabin. She says that she discovers many of her plots while sitting on a small island in the Mississippi River or staring into the waves that lap the shore near her dock.

Look for more novels to come out in this series as Pat explores what became of Joseph in the novel, ***Trapper's Moon***, and traces the mystery surrounding Jean Batiste's birth.

You can find Pat's novel on line at

<http://lulu.com/lokiloki>

Check out her Wild Game recipes on her blog.



# Ripe Chokecherry Moon

## preview of voyageur romance

**AT:** <http://www.lulu.com/lokiloki>

**“Beauparlant!” She screamed.** Heavy wet material clung like spider webs to her face. She struggled to be free of her bonnet, clawing frantically at the gauze covering her eyes. Her arms swung wildly, useless. In desperation, she tried to kick towards the large rope anchoring the boat. Her petticoats filled with water and her corset stays tightened. A cry was torn from her throat and then black water closed over her head.

### ***The Hero:***

Francois arms tightened around his captive as he swam towards the ship. The girl in his arms weighed hardly anything at all. Anger clawed at his gut. What was a small child like this doing, joining a group of women that were selling themselves to the highest bidder?

### ***The Conflict:***

Mentally Francois cursed the day that McTavish and his company had set foot on the voyageur’s highway. They’d mismanaged the furs and taken away his right to make a decent living, forcing him to a pledge of non-competition and cutting his credit. Francois was tired of hearing of the fur company border disputes. He just wanted to be left alone, to do what he did best. He clenched his jaw, muttering, “I’ll be damned if I’ll end up like Old McTavish, wearing a cut away suit and a beaver hat, stuck in some office in Montreal ordering Flintlock rifles.” If survival meant he had to give up his shares as a partner in North West, he’d become an independent trader moving throughout the Minnesota Territory.



# **Ripe Chokecherry Moon**

A tale of the Minnesota  
Fur Trade in the  
early 1800's

**By Trish St. John**

## Chapter One

### In the Early 1800's, in the area known later as Minnesota Territory

Merewyn MacKenna stood in the shadows and watched as three men loaded a large canoe with provisions. Dusk had turned into full-blown darkness when she'd crept up on the deck of the steamboat *Virginia* to escape the confines of her stale cabin.

She heard a metallic twang as the fiddlers tuned their instruments below deck. There was about to be a big party in celebration of reaching Fort St. Anthony, and everyone on board was excited to be in this new place people were starting to call Minnesota. Besides the passengers, the captain had invited important members from the Fort.

For days, everyone on ship looked forward to the captain's dance, and tonight was to be a special celebration. Below her in the darkness, she saw men dressed in their shadbelly coats, while the women wore crepe gowns or muslin dresses. She could hear excited chatter, as couples met, mingled and talked of their futures.

Merewyn had taken a chance coming out into the night air, but she felt reasonably safe, certain that no one would notice her in the crowd. After the confines of the ship, she needed to feel grounded, to smell fresh air, the sharp odor of pine trees and wood smoke.

It had been a long trip to this place called Minnesota, and she was glad it was almost over. At first, when the passengers had gone out on the top deck to view the river and the countryside, she'd stayed hidden below. She'd heard the excited tones of her fellow travelers and from their conversations, tried to imagine the bluffs



that they were describing to each other.

It was a night made for remembering, and that wasn't all good. She turned her dark head slightly to catch the fresh breeze, which seemed to sweep down the course of the river, bringing with it smells of sun baked earth and Norway pine. She took a deep breath, clearing her lungs of the ever-present pipe smoke and stale body odors that had filled the interior of the boat during her journey. She breathed in again, deeper this time. It was good to be in America.

She thought of the legends her father had told her of Checkered Cloud, the storyteller, and Mocka-Doota-win's two wives. She thought of the voyageurs, and the tales she'd heard of how these men crossed Lake Superior in canoes, made from paper torn from birch trees.

Gingerly, she inched her way along the catwalk. The deck felt slippery. She grasped the railing as the boat pitched against its moorings. The wet metal bit into the palm of her hand. She ran a finger lightly against the slippery bar. The bar was smooth and cold in the night air.

She wanted off the boat. She longed to feel solid ground beneath her feet. It would be exciting to jump into the swirling water below and swim to freedom. She sighed and then let her eyes stray to a dark figure that seemed to be loading cargo twelve feet below.

On a lower deck stood a voyageur and he lived up to every fantasy she'd ever dreamed about, from his blue capote pulled over straining back muscles, to his jaunty red cap, decorated with turkey feathers.

Her heart raced and a small pulse jumped in her neck. She leaned farther over. He was throwing large sacks of flour onto a loading deck. 'Girl,' she said, 'quit your staring. It's not as though you haven't seen a man before!'

But even as she silently spoke the words, she knew that she had never experienced such a man! He was a big bear of a man, with wavy, black hair and rippling muscles that drew her closer to the railing for a better look. She thought he might be part French. She noticed how his strong torso narrowed to long slim hips. Most of the voyageurs she'd met through her father's company were short, and they wore blanket coats, which reached to their knees covering their leather leggings.

Merewyn's lips felt dry, and she licked them unconsciously. This man did not wear a blanket coat. His body was magnificent.

She stared boldly at his departing back watching as he jumped quickly from bale to bale with an economy of motion.

Merewyn did not realize that she had continued to move forward until her feet touched down on the planks that led to the loading platform some six feet below her. She stopped, inhaled the crisp evening air, and leaned over the side of the boat for one more look before going back into the cabin she shared with Claudette.

Below, the voyageur's long legs paced the deck. His trim hips moved rhythmically as he threw sacks down and picked up others. Occasionally, she glimpsed pale skin as his breechclout strained against his powerful thighs. His legs were bare. She thought of the many stories she'd heard about the men in the New World. What would it be like to travel the wilderness country with a man like that? What would it be like to have such a magnificent man make love to her?

She could almost hear Claudette's voice, with its lilting laugh, filling in the conversation. "Magic!" She would tell her, "Pure Magic. Take your chance now, Merewyn. Go after him! What have you to lose? Better a good looking voyageur who smells of fresh lake water than a fat trader with four native wives and a passle of kids."

She shook her head to clear her thoughts. Ever since meeting Claudette, she had moments when it seemed they communicated without words. Sometimes it was as if Claudette's forceful personality had the power to take over her own. She knew she was just being fanciful. She blamed the thought on her mother's romantic French heritage, combined with her own Scotch Irish imagination.

She'd grown up listening to the swaggering stories of the voyageurs around her father's London merchant trade center and most of them had been boastful exaggerations.

But now, after one look at the magnificent body before her, she was beginning to believe the tales of their wilderness conquests, and worse than that, she was starting to think like Claudette. The thought kept running through her mind that 'It wouldn't be so bad to jump ship with a voyageur.' All she'd have to do is hide on board his boat. Then when she was away from the Fort, she would tell him her story. If he were an honest man, he'd help her. Together they would find Uncle Kenneth and everything would work out.

"Voyageurs aren't just like other men," her mother's throaty French Canadian voice echoed in her memories. "Do not

underestimate them. They know who they are and are at peace with themselves and the world.”

She remembered how her mother had smiled in what Merewyn had privately thought was a rather naughty way, before continuing. “These voyageurs, my innocent darling, are so earthy, so passionate. When you are older, you’ll know what I mean. We will make plans. I will take you to visit the New America. There, you will meet a man like your father, and you will give me many dark eyed children.”

Merewyn frowned. First, she was hearing Claudette’s voice and now the voice of her mother. It was time to stop dreaming. Looking at the man below her, she thought she understood a little of what her mother meant about passion, but it frightened her. The man below was overpowering in his masculinity, and dangerous. But, Ah! He was fun to watch. A sweet, dizzying sensation filled her as she watched his gliding muscular back weave in and out of the stockpiled packets. What would it feel like to be lifted up by such bronze forearms and pressed next to warm skin, the color of tanned leather?

Merewyn grinned to herself in the darkness. For once, her totally impractical, French Canadian mother had been right. Voyageurs were special!

They didn’t put their pants on one leg at a time like other men. They didn’t wear pants or at least this one didn’t!

Her pupils darkened slightly. She watched the bare, corded upper thighs of the man loading supplies.

Since the weather was hot, the dark stranger wore moccasins and leather leggings to about the knee. From the knees up, he appeared bare to the hips except for a fringed, beaded hunk of material that hung suspended from his waist, much in the style of the Indian breechclout. When he bent to lift a heavy bundle, the cloth would move and from the side, she could see the dim shape of his tanned upper hip and thigh.

The water swirled below her, mirroring her thoughts. She bit her lip staring into the darkness. She’d never seen so much man before.

As he moved off in the darkness, she gazed intently into the black surface of the water searching for a glimpse of her reflection, wondering what he would see if he were to notice her. The water showed a pale oval face with deep blue eyes. Curley black hair cascaded out of a makeshift bonnet and appeared to rock back and

forth on the surface of the water. She smoothed the curls back from her brow as though seeing herself for the first time in this new place.

What was she going to do? Had she been crazy to come to America? Could she go through with her plan and pretend to be one of the King's Brides for some lonely older man in the new country and then abandon the unsuspecting man?

An intense feeling of distress filled her soul. The sad answer was, "she just didn't know what tomorrow would bring."

The only people that had loved her were dead, buried in a country cemetery a continent away. She wasn't in any position to bargain, even if it meant marrying a man she had never met before.

She tossed her dark hair, her eyes snapped and she came out of her trance. "I'll not stare into the water and feel sorry for myself," she vowed. "I'll get what belongs to me, no matter what it takes. MacKenna Fur Company is rightfully mine!" She took one last look at the voyageur. It would be exciting to talk to him. Learn what he could tell her about furs. Maybe he would be able to tell her where she could find her uncle.

She exhaled and wrapped her torn shawl closer around her body. She felt the sting of the night cold and shivered in the darkness. There had been one brief moment when a part of her felt joined to the voyageur by an invisible cable, but that feeling was probably just the loneliness of the night. That and the fact that they seemed to be the only people cut off from the dancing and excitement above deck. She trembled, feeling raw, exposed, and frightened by what would happen in the morning. She was no longer sure of her actions.

On board ship, life was different from the life she had known in England. Everything was basic and elemental. There was no privacy. Natural body functions were accepted and discussed openly. She'd often overheard conversations about the side of life that a man and woman shared together. She'd heard the younger women talk of making love and how pleasant it could be, while others claimed, love making was horrible and necessary only as long as it took to give a man a child.

The cabin walls were thin. She heard women coupling with the sailors aboard ship. Their moaning voices seemed vulgar and out of place in the life, she had known.

Tomorrow the crying might be hers. If caught, she would bed a man that she had never met. He could be toothless, have many Indian wives in the villages, or smell of perfumed soap and

dirty clothing. He might be fat with a giant fish belly. She swallowed hard, trying to keep such thoughts out of her mind, knowing that if she didn't, she would never sleep.

A hot flush deepened her cheeks to crimson as her hidden ideas began to form. It would be much better to go off with the voyageur. At least he looked clean. He was young, strong. She looked out on the water. The waves lapped hungrily at the hull. The dirty, dark sky blended into the drabness of the ship.

Loneliness wasn't new to her. As an only child, she'd often been by herself, but she'd never felt as vulnerable as she did now. The wind picked up slightly. Black waves licked the sides of the *Virginia*.

She took one more furtive look at the man working below deck. She felt a quickening in the lower region of her body. The voyager looked like the type of man the women had described as 'good in bed'. If she had to choose any man from those she seen lately to give her offspring, he would be her best choice. She knew what the traders had said. Voyageurs were not marrying men, or if they married, it was to a different woman in every Indian village.

She did not see that as something she could deal with. She remembered how her father had often said that a "voyageur's mistress is the freedom of the river." She knew that for these untamed men, very few women could compete with their desire to be free. She did not wish to spend her life worrying at the Fort while her husband went deep into the interior to bring back furs. It was no life.

Her thoughts raced. She wondered if the man she had seen was married, or if he had a mistress other than the river. If he had, did his woman wait for the sound of his paddles and his joyful call across the water, or was his woman tucked away in some lonely back wooded area, surrounded by children the color of teak.

Did the man follow his partner into the quiet forest and make love to her on a bed of pine needles under a blue, northern sky? Or did he leave her for months at a time, to fend for herself?

Lost in her thoughts, she leaned against the railing just as the captain called to the man in her thoughts.

'Francois, come and join us. There's good whiskey on deck and a boat full of desperate women wanting a man.'

"Wanting a man!" The words seemed to echo across the water, penetrating Merewyn's mind. Her eyes blazed. She was not going to be reduced to such terms. She did not wish to be bought

like the women on the boat.

"I'll take the whiskey you're offer'n, but I've problems enough with the trade companies, without add'n a desperate women to my life!" Francois called back across the water.

"They're a plague!" he added. "All they're look'n for is to trap some man into paying their passage and they're use'n marriage to do it. There's a name for women like them. Once they get to America, they'll turn tail and leave, tak'n half the money for furs. You'd think it would be enough for a woman to have the pleasure of a man in her bed, without him pay'n for it by marriage. The women on your ship have one goal and that's to set about trying to change a person. I say, tell them to go back to England where they're useful."

The captain laughed, handed Francois a bottle and slapped him heartily on the shoulder. "You must be hav'n a bad trad'n season or just bad luck with women. It's a good country, Francois. How else are your men going to find women other than by my ship? Maybe these women just want to see America for themselves. And what's wrong with them coming to find husbands? It helps me pay for my ship. There's lot of men on your crew who would be happy to have one of the King's Brides.

Francois laughed cynically and then drank deeply, before wiping off the mouth of the bottle and handing it back. "It would be fine, if the women you brought knew how to work other than lying on their backs. They come here expecting tea parties and men in fancy collars to make life easy for them. None of them knows how to gut an animal or stretch a hide."

The Captain swallowed another drink. His grin widened, stretching his face into a grimace. "The men waiting for wives don't ask about whether the women can stretch a hide, young man. They marry them first, and if the women don't like the life, they send them back to England and marry another. That's fine with me because it makes me twice as rich."

Merewyn felt her nails biting into her palms. Women were like livestock to these men. She'd just heard the captain talk about how men married the brides and then send them home so they could get another! How many wives did they have? Whatever happened to love, or caring about another individual and wanting to share a life with them? These men were as primitive as the clothing they wore!

Two new men climbed quickly on board, and then disappeared below deck with the Captain.

The man called Francois ignored them, turned back to the

loading of his canoe, shifted and retied his packages, and then boarded the ship. He moved over to a secluded corner and withdrew a small white pipe. He smoked silently as he looked out at the water.

Slowly, he took a crumpled and well-worn letter from his pocket. He looked at the letter for what appeared a long time. His shoulders slumped.

He glanced again at the *Virginia*, ran a hand through his dark curly hair, and strode the deck. Lost in thought, he seemed oblivious to the dark haired girl with the sharp wistful eyes watching in the darkness.

As he strode the deck, he clenched his fists at the Company's unfairness. The year had been productive. The competition between rival fur companies had quickened his wits, and he'd made money for them all. By rights, he should receive at least one partnership share in North West Fur. He paced the deck faster. He would, if Astor quit making trade agreements almost impossible.

He lifted a box of flintlock rifles and hoisted it easily to his shoulder. "Damn the boundaries and Damn John Jacob Astor," he mumbled. "It's time somebody gives him his dues!"

Astor now controlled the remnants of the North West Companies' old Fond du Lac Department, and he was refusing to allow the British to trade furs legally. Morrison and Crooks, his top employees, were making plans to move in on the British trade by establishing posts along the northwestern border. This meant the Fort he was journeying to, Grand Portage, was right in the middle of the conflagration.

He tossed a bundle of flour into the canoe. He didn't even know if the company he was a junior partner in existed. One year they called the company he worked for North West; the next year, The New North West. Two years ago, there had been talk of a merger with Hudson Bay. He no longer knew whom he worked for, or where the actual boundaries were. The politicians who made the rules didn't even know that. They had been scrambling around for months, trying to track what constituted the old trade routes so they could define the boundaries, and they still hadn't accomplished anything. He slammed his fist against the railing. "Politics," he mumbled. "Damn that Astor and all those like him!"

Politics combined with the McTavishes and the Astors were tearing up the fur business. The Hudson Bay Company and the North West Company were playing one small company off against

another. MacKenzie was squeezing the independent companies like Benoit in the middle. Rich Astor wanted America to control all the North West territory, and he wrote influential treaties and boundary agreements to see that it happened, leaving the French Canadian voyageurs without company support.

Francois was tired of hearing of the fur company border disputes. He just wanted to be left alone, to do what he did best. He clenched his jaw, muttering, "I'll be damned if I'll end up like Old McTavish, wearing a cut away suit and a beaver hat, stuck in some office in Montreal ordering Flintlock rifles. If survival meant he had to give up his shares as a partner in North West, he'd do it. He could always move west and become a totally independent trader as if his father had been years earlier.

It might be smarter to cut his losses now. He only had a few shares in the North West Company and as a wintering partner; it was unlikely that he'd earn more. The North West Company gave out partnerships to family members rather than to the men who paddled the waters and took the risks. He was luckier than most. While he hired out to North West to bring furs from the Interior, he also had his own men owing their allegiance to him. He paid their salaries, not North West.

To please his superiors at North West, he'd spent two winter assignments living with the Sioux and Ojibwa tribes, just to keep them from trading with American Fur. Now, everyone in the trading business was worried about the new trade agreements. To compete with Astor's company, even Hudson Bay Company was forced to cut prices. The major companies were trapping out the beaver.

In late May, he'd set out from the interior to deliver Indian furs to North West as promised. He had no idea what he or his men might find along the portage route. He did know that if they were stopped anywhere between Fort St. Anthony and Grand Portage by a representative of the American Fur Company, that representative could claim he had the legal right to confiscate all the furs Francois and his brothers had collected over a two year period. Then, he'd be out the furs, plus he'd owe North West for the trade materials given to him the winter before. He'd have no furs to deliver. He'd have to make good on his word.

Once he'd taken the pelts from the Indian villages, he owed them trade goods in return. They trusted him to bring the supplies they needed for winter. Now the border area was in such a desperate



condition that there was talk of needing a military fort to protect the lives and property of the citizens of the country. Whose country and whose interests, Francois questioned? Certainly not the interests of the Indian people or the voyageurs.

Rumors said that Ramsey Crooks was secretly meeting with American Fur at the Rendezvous at Fort Williams. Rumors claimed that Astor had demanded a payment of £300 from the Hudson Bay Company to ignore Hudson Bay traders within their boundaries. If this illegal trade agreement were true, it would leave American Furs with an abundance of time to spend confiscating the furs of North West.

The partners had changed the rules since North West was financial squeezing the company, demanding that no one in their employment could trade independently. Not that it made much difference, since any independent trade had to be in worthless pelts like moose and buffalo. The only markets the independent traders were allowed access were backed by North West, and the company naturally made a large profit on each transaction. Francois' face darkened. He did not intend to give up the Benoit furs he had collected on his own. He'd give up his junior partnership in North West first. The fur trade couldn't last forever the way the companies were depleting the pelts.

Francois sighed. Independent traders such as his father had been, were being run out. Until now, it hadn't much mattered to him. The company had promised him the dream of a larger partnership status, but rumors said, that promise was ending. He slammed a crate of tin kettles down against the piling.

He'd like to get his hands around the necks of McTavish and his buddy MacKenzie. With their stupid fear over trader rebellion, they were strangling their own companies.

Mentally he cursed the day that McTavish and his company had set foot on the voyageur's highway. They'd mismanaged the furs and taken away his right to make a decent living, forcing him to a pledge of non-competition and cutting his credit.

But what grated on him the most was the partner's aristocratic ways. They sat in their Great Hall, gossiping about each other and eating their fine dinners off pearl ware dishes from England, immune to how the Winterers felt. They only allowed the highest members of the 'inner court,' into the Great Hall and even these men were seated by their importance to the company. The guides and clerks sat near the door and were ridiculed while they ate.

Francois was tired of doing the bidding of partners who looked down on his men. North West had contracted for a rich stock of pelts and he and his brothers would deliver them. Once this trip was finished, he'd be moving on. It was time he thought of himself and of Benoit Furs.

He felt restless. What would stop Benoit Furs from moving farther into the Interior? He could always trade with the Indians around the source of the Mississippi River. Right now, nobody patrolled the area heavily. It was unlikely that anyone would ask to see his trade license.

Francois slammed a pack of furs down on the deck. That the fur trade business should come to this, he thought. He hated the lying and deceit, but now politics forced him to make an unpopular choice. He must choose between losing his company and breaking the law.

His stride lengthened and Merewyn heard him mumble, "Damn that man! I'll kill the bastard!"

Merewyn's eyes widened in terror as she watched the heavily muscled voyageur clench his fist tightly then slam his hand repeatedly into a heavy coil of rope on deck. She spotted a small splash of blood trickle down his hand.

Francois was oblivious to the pain, lost in the events of the past week, ignorant of the girl watching in the darkness.

What angered him the most was that the majority of his problems started with the empty accusations of Dumas Beuparlant, a known thief, who had been causing trouble between the British traders and the Indians. While working with North West, Beuparlant had deliberately lied and falsified documents concerning Benoit Furs, then run off to England. Now, the senior partners of North West would not offer the Benoit brothers the shares they had earned. Instead, they'd divide the shares up and hand them out to their family members. If it had not been for Beuparlant's lies, Benoit Fur would have been North West's top fur supplier.

And as for Beuparlant, once he'd created problems for Benoit Furs, he'd gone on to work for American Furs. "The lying Bastard!" Francois mumbled.

Francois' shoulders sagged thinking about how hard he and his brothers had worked to earn the right to trade, to make his father's name respected. Now he was about to give up his heritage, his father's dream. He paced the floor rapidly as he thought out loud, "This whole mess amounts to nothing more than Lysette

followed me from camp to camp. Dumas Beuparlant will never forgive the fact that she wanted me!"

Francois' stomach churned. He noticed the blood running down his forearm. Waves were about to break up his canoe and he felt like he had no paddle. He squared his shoulders. "I'll have to tell Joseph and Jean Batiste," he mumbled. "It won't save anything, but they have a right to know."

He stared sightlessly at the supplies he was loading. With a good wind, his men could complete the route from Fort St. Anthony to Fort William and not be discovered. If they could make this one run, the situation with the North West Fur Company might stabilize, and the trade agreements controlled by Astor might change. Someone might even kill the wily American.

If the current law stated that an American had to be a licensed trader to transport furs through American territory, he'd hire an American to act for him. There were always ways to get around the law, even with Morrison or Astor playing politics.

He'd learned as a voyageur that waves were different every day. Soon, people would see Dumas Beuparlant for the man he was, and deal with his lies. If the fur territories settle down he'd have the trading agreement he needed.

He read the paper one more time. Decisively he crumbled and tossed the note into the current, then turned his back as it bobbed, dipped and eventually disappeared into the swirling eddies.

Merewyn watched him. Without thinking, she reached for a hook and stabbed at the water surrounding the swirling note. Shortly the note caught on the hook. Merewyn reached farther, leaning over the deck.

A sudden powerful gust of wind pushed at the note, catching Merewyn off guard. She reached further. Her right foot shot out from under her, catapulting her into the air. In horror, she realized she was falling. She let out a short terrified scream. No one heard her cry because of the noise from the party.

She hit the water with an impact that stole the wind from her lungs and left her sputtering and floundering. She struggled towards the top, and then felt her body go under for the second time. Gasping for air, she kicked towards the surface, willing her body to fight the panic that clutched at her heart.

Heavy wet material clung like spider webs to her face. She struggled to free herself of her bonnet, clawing frantically at the gauze covering her eyes. Her arms swung wildly, useless. In

desperation, she tried to kick towards the large rope anchoring the boat. Her petticoats filled with water and her corset stays tightened. A cry was torn from her throat and then black water closed over her head.

Francois had just boarded his canoe and was waiting impatiently for Jean and Joseph when he heard the first cry. Obviously someone was having too much of a good time with someone's bride, he thought.

The second cry ripped at his insides and drew his attention to the water. There, less than thirty feet from his canoe, a woman was drowning.

A stream of curses filled the night air. His canoe shot ahead almost of its own volition, and Francois stared in stupefied surprise at the sight of three ripped petticoats floating in the water.

Peeking out from under one of the petticoats was a tiny, dark haired woman, flailing and stabbing at the water.

Don't slap the water," Francois yelled. "Cup your hands and paddle!"

Ignoring his instructions the woman continued gasping, sputtering and beating the water as she clung to her petticoat trying to use it as a type of flotation device.

"Fire and Damnation!" Francois swore. The water wasn't that deep but he was going to have a time of it getting her into the canoe.

He paddled near the struggling woman, circling in closer.

"Let go of your petticoats and hang unto the stern," Francois shouted.

The woman made a desperate lunge for the canoe. Francois watched in horror as she grabbed for the cedar strip.

"Jesus and Holy Mary, No!" He yelled. The bow of the canoe raised perpendicular in the water, and he watched as his supplies floated out from the stern. Then he too was in the water, and over 400 pound packets of kettles, powder, and shot floated shortly, and then began to fill with water.

"Just look what you've done," he sputtered. He reached out a strong arm and anchored the girl to his side. "You damn nearly ruined everything I've packed, and you nearly killed us both."

Merewyn watched his mouth move, but she was too exhausted to hear his words. Her hands and feet were numb from the cold. Frantically she clung to his warm body.

Francois pulled her into his chest and started kicking for the

boat. Dimly, he was aware that Joseph and Jean had launched another canoe and were paddling quickly towards shore to retrieve the canoe and salvage the packs. They had not seen the girl, because she was on the wrong side of the ship, but they had heard his cursing and noticed the Benoit supplies floating in the water.

Francois arms tightened around his captive as he swam towards the ship. The girl in his arms weighed hardly anything at all. Anger clawed at his gut. What was a small child like this doing, joining a group of women that were selling themselves to the highest bidder?

He hoisted her to the plank that led to the main boat. "You'll be all right," he said gruffly. "I'll call the captain! I must rejoin my brothers, get back to my supplies."

The child's head snapped upward. She was shaking uncontrollably. Her dark curly hair had come loose from its knot and hung in damp tendrils around her neck and face. She looked upset. "No," she pleaded desperately. "Please don't tell the captain!" Her voice trailed off. "He doesn't know that I'm on board."

Her parting statement left Francois stunned. Why wouldn't the captain know she was on board?

Lost in thought, he reached out and took the wet packet of flour that a surprised Joseph handed him.

"Damn," he muttered for the second time, as he helped the girl up onto the decking. He knew he didn't have time to question the girl further.

"I'll not talk to the captain," he replied. "You will be fine. Just go to your cabin and get out of the wet clothes."

He turned to Joseph and Jean, "Repack the goods. Grab that box of tin lanterns, Jean. Spread them out on deck and see if we can dry them."

Merewyn heard their muttered curses as she hurried to her cabin barely glancing at the men and supplies scattered over the deck. Francois and Joseph watched as her back disappeared into a doorway.

"Darn if we'll get any help from her," Francois mumbled. "It's like I said earlier, 'Lord keep us from desperate women.'"

Joseph's laugh carried over the water. "She's just a child, Francois. It isn't the first time we have overturned a canoe. Now, maybe we can stay for the party".

Francois stared at him coldly. "We need to start up river,"

he said. I don't have time for childish pranks."

In the room she shared with Claudette, Francois' words echoed in her mind as she ripped off her sodden dress, replacing it with a dingy calico. He thought she was a child so her secret was safe for now. Later, she would try to thank the man and offer to pay for his ruined supplies, And then he would not be tempted to tell the captain. She'd come too far to be returned to England, because a stranger complained to the captain.

Merewyn pulled on dry stockings. She was amazed that she still felt so little fear. She could have lost her life but somehow she couldn't summon up any emotion. With everything that had happened this past year, a dip in the river seemed mild in comparison.

Intent on thanking him, Merewyn returned to the loading platform. Francois was slamming tin ware into a wooden crate. He eyed her warily. She could almost read what he must be thinking about her, and it wasn't good. His dark eyes looked bleak. She knew he'd done enough damage to his trade goods to set him back at least one day.

Francois drew back, hoping to pass her on the right and leave the ship. He didn't want any 'thank you', but as he tried to move past her, there was something about the child that made him give her a second look. He wondered why she was so frightened of the captain.

What could it be? Without the moonlight highlighting her dark silky hair and lovely face, her shapeless outfit and features were barely distinguishable from countless other young women. She confused him.

Francois remembered the feel of her in his arms and he knew why she would be hard to forget. She had the softest breasts. They'd felt good pressed up against his chest. He remembered how the wet material had clung to her. Suddenly he didn't like the new dress she wore. It was dry but it didn't mold to her body as the other had done.

His eyes met hers boldly, giving her the mock, jaunty smile of the voyageur, the legendary rake.

Merewyn hesitated before breaking out into an answering smile, timidly sensing an almost savage virility in the man.

She moved towards him provocatively, unconsciously holding her hand out much as her mother might have done to greet an old friend. She felt as if some powerful invisible force guided her.

She needed to thank him. Maybe he could tell her about the new country, about the fur trade. Maybe he would help her.

Francois took her hand. The night closed in and they were alone in a blackened wilderness, lit only by dim stars. Merewyn, remembering his anger on board ship, spoke hesitantly. "I came back to thank you for saving my life. If there's anything I can do to help you repack your goods, I want you to ask."

"It's all taken care of," Francois replied abruptly as he swung a canvas bound packet on board. "I'm not in the market to buy a wife. So, unless you're sending me a different message, I think you belong below deck, Miss."

Merewyn gasped. He thought she was one of the King's Brides. It was true, but she had never planned it to go this far. She held out her hand again.

The man ignored her and continued loading and unloading his cargo. Eventually he braced his heavily muscled buckskin legs against the railing and tipped the bowl of his pipe overboard. Obviously, he hoped she'd leave.

There was a faint hissing noise. Then the warm glow from his pipe dimmed, closing them into a shadowy intimacy. The small girl moved closer.

"Aren't you wasting time?" He asked insolently. "Or shall we get down to price? There's a party down below and I've heard from the Captain, that this is your last night to amuse yourself before you find a husband on board ship."

He drew closer, moving towards her in the moonlight. Obviously his insults weren't working. His stomach churned. Could he be wrong about her?

As he closed in on her, the moonlight stripped the harsh shadows from her face. She was very young and looked surprisingly innocent. Francois wondered if the poor girl had a clue as to what he'd just suggested. He felt raw anger burn in his throat. What kind of people would allow a child to walk alone aboard a ship with a ship full of men starved for female companionship?

The soft, smiling, heart shaped face looked at him trustingly, bringing with the look, a surge of longing in his soul that he had almost forgotten.

"My God, will you listen to me! You are a child! Isn't falling off a ship enough action for you in one night? Do your kin know where you are? Do they know how you look at men?" His voice sounded hoarse, caressing her with its gravel-rich warmth.

Merewyn eyes snapped, and she blinked back tears of anger. Why was the man so angry? He was the one that had been doing the looking! First, he'd assumed that she was one of the King's Brides ordered up by a lonely trader, and now he'd assumed that she was a young schoolgirl. Mentally, she cursed the lumpy, shapeless gown that she had chosen in her hurry to thank him.

"Make up your mind!" She snapped totally forgetting her shyness. "Either I'm a child or I'm not a child! But no matter what I am, you are being rude."

Francis's eyes glowed in the dusk. This wasn't the timid voice he'd expected. This girl was older than he'd thought.

Merewyn looked directly down into his dark brown eyes, her own luminous blue eyes flashing sparks at him. "I came up to thank you. Why couldn't you have allowed me that pleasure?" she asked. "I'd have thanked you for not telling the captain and I'd have left. Why did you have to mention my parents? They're dead, both dead!"

She felt her dreams and fantasies pulled from her and plunged into the icy water below. Blinking back tears, she moved as though to leave.

Francois noticed the tears hanging on her long, spiky lashes. This was not going to be easy. Oh what the hell, he thought. There was only one way to stop a woman from crying. He pulled the tiny figure that curved in all the right places against his chest offering her comfort.

He felt the softness of her breasts, pushing against his arm, the warmth of her breath and the rapid beating of her heart.

He grabbed her roughly, snagging his rough callused hands in her damp hair and forcing her face towards him. "You have no business being here talking to me," he said as he loosened his grasp slightly. "You said something about the captain not knowing you are on board? Are you in danger?"

She shut her eyes, choosing to ignore his question. She wanted to hang on to her child-like illusions. She wanted to think of the tall voyageur as a noble, courteous gentle man, who was unhappy and wanted her friendship.

Francois saw her composure slipping, and felt a strange tenderness towards the child. He gripped her arm firmly, staring into her lovely eyes. "I'm sorry if I was unkind. You've had a shock. You look like a dreamy-eyed English violet to me, even if you are just out of an English schoolroom."



Merewyn opened her blue eyes timidly, as she fought to hold back tears. He'd called her a violet. She smiled tentatively, holding out her hand.

Francois stepped back as though burned.

"Good God!" He swore. "What in the hell are you doing stowing away on board this ship with all these women who are looking for husbands?"

It wasn't what Merewyn expected him to say. She'd wanted him to notice that she was a woman. She'd expected him to apologize, be a gallant French Canadian, kind, everything her mother had talked of. Now he'd insulted her by again calling her a child.

She twisted her arm from his grasp. "I'm seventeen!" She hissed. "Not that it's any of your business. I can be anywhere I want to be!" She kicked out at his bare leg and elbowed his rib. It was of little satisfaction to hear his grunted, 'oomph' because the man's grip only tightened on her arm. The moment that her skin met his, she felt frozen to the deck.

The voyageur closed in on her, slowly flexing his calf muscles as he grinned. "So you're a woman of the world," he said as his eyes turned from hers to her heaving breasts. "Ready to marry the first man who pays for your passage. Well, well, maybe the kindest thing I can do is teach you a lesson. Smart little English misses should stay in England where they belong." He pulled her against his chest, twisting her face upward. She looked directly into his face.

For what seemed like a minute, the two of them stood there, silently looking into each other's face, aware of the physical sparks of electricity that seemed to be moving between them. Merewyn felt a strange tingle of awareness deep within, a moment of joy. One part of her wished that she hadn't childishly kicked the man and the other part of her rejoiced in the feel of his skin against her own.

So this is how it felt to be a woman she thought, masking a secret smile. The feeling was unfamiliar. Under her feet, she felt the reassuring vibrations of the boat in the water, but in her soul, she felt the stinging recognition of another human being.

Merewyn squirmed in the voyageur's arms. Her body suddenly stilled when she felt the rising action of his breechclout and the ridge that burned into her hip. She knew little of men but she understood the voyageur's desire and felt excited by it. Lowering her eyes in embarrassment, she saw precisely what she'd tried to avoid seeing. She tried to move away. The voyageur only looked down at

his body, giving her a rueful grin.

"You'll have to excuse my forwardness, Miss. I've been alone in a canoe with only the otter and beaver to talk to for awhile." He smiled knowingly. "I guess I'm going to have to find myself a woman to take care of this problem I seem to have."

Her eyes met his in the moonlight and she found herself challenged by dark brown eyes that burned with a fierce longing. Before she could stop herself, she blurted, "I was on deck because I wanted to see a voyageur." A faint blush stole over her cheeks. "I wanted to know about the Colonies. I'm sorry I kicked you especially when you saved my life."

The man threw back his dark head and laughed, pulling her tighter against his chest. "Well you saw a little more of me, than most people have. He grinned ruefully. However, I don't think the Americans think of this place as an English colony."

Merewyn's body still felt a deep response to the lusty male in whose arms she found herself, but she forced herself to answer quietly. "Well, I can't help but think of America that way. After all, it did belong to England and my father always said it "would again some day."

The man still held her against his chest and she realized that ever since he had pulled her from the water, she had no desire to leave his arms. What was it she found so compelling about this man?

Francois forced himself to comment lightly, trying to defuse the sexual sparks flying between them. "That sentiment is something you'd better not mention in these parts," Francois warned.

Something about her defenseless posture made his voice soften and his arms hold her loosely, giving her the chance to free herself if she wished.

The woman-child did not pull away. Francois looked down into her face. She had the bluest eyes and her skin was silken. Any man would be glad to take her to his bed. He tried to put the picture out of his mind, but it kept intruding. He could see her, lying against a blue quilt, her long black hair curling over her milky breasts. He released his arm from her abruptly. He couldn't explain the sudden flashes of overwhelming desire he felt. This woman excited him. She was a child. She should be treated as a child, and yet he wanted to touch her, have her touch him. Maybe his brothers were right. He had been without a woman for too long.

He lowered his voice, teasing her as he might have teased Jean Batiste when he was about her age. "Well, Little girl, I'm a voyageur. Now that you've been baptized in the river, will you tell your friends in the classroom about your experience and the type of beast you've discovered, or will you whisper about it to the first man who bids for you?"

Merewyn felt hurt, but she managed to stammer. "It's not that way; I didn't mean to pry. I just saw how angry you were when you threw away the note, and I wanted to know why. I won't tell anything and I hadn't planned to listen. It's just that you seemed lonely, and I'd heard about men like you and I wanted to...to..." She touched his arm, lightly running her hand over his wrist.

"Find out a little more about us, aye?" He looked at the child in her ragged dress, hidden by the darkness. His wrist felt like it was on fire.

Why wasn't someone calling for her to come below? If a child like that talked to everyone as she had talked to him, she wouldn't last a minute in the wilderness before some man had stolen the fruits she offered so innocently.

"The note wasn't important girl. I'm over my anger."

He saw her lift her pouting bottom lip and then watched it break into a winsome smile. He shuddered. Someone should lock her up.

In the sheltered bay, the water lapped softly against the keel and a loon laughed over the water. The man moved towards the big-eyed child, swiftly making his decision. Merewyn could feel her heart pounding in her chest, her breathing erratic. She stared at the man, hypnotized by his eyes...dark, bottomless, secretive eyes that seemed to beckon her towards him. And at the same time, shout, "Stay out of my life, Girl."

If she hadn't watched him before, she might have taken him at his word. She saw sadness and frustration on his face. Merewyn stood quietly, meeting his eyes.

"You'd better go back to your quarters, child," he said bitterly as she closed the distance between them.

"I just want to know about America and what voyageurs are like. Whether it's true there are wild beasts along the shore and whether this territory is as pretty as the English countryside?" Her voice trailed off quietly as she put a hand trustingly on his arm.

Misinterpreting her action, he reached for her, taking her chin in his hand. "I warned you, My Pretty, this talk'n has gone on

long enough. I've already told you that its been a long time since I've been with a woman and you're much too fetch'n a piece of baggage to keep away from. There's beasts all right, and most of them two legged. If you marry one of those men bartering for you, you'll find out all about men before morn'n." He continued as he grasped her forearm. "If falling in a river didn't teach you a lesson, this will. You can expect a lot more when a man pays for you and takes you to his bed.

He reached for her, drawing her into his arms and lifting her face to his, never taking his eyes off her trembling lips. Merewyn felt a tiny flicker begin in the very core of her that threatened to burst into full flame. His arms tightened about her, pulling her breasts tightly against his chest, as his lips took hers in a searing kiss.

Stunned, she opened her mouth deeper, moaned and moved closer towards his grinding body. The kiss deepened and she felt herself responding mindlessly, her fingers running through his dark hair, pulling him closer.

Her response astounded Francois. His body hardened. He pulled her deeper between his thighs. She could feel his breath, moist and warm against her neck. He put a hand on either side of her waist, pulling her into his hips so that she felt his arousal. She wore no corset and his large hands seemed to burn through the material spanning her waist before moving upwards to grasp her breasts. His eyes were hungry, searching.

"You're beautiful," he said huskily, "even if you smell like river mud." His lips brushed hers lightly. He trailed kisses along her neck, and then moved again to kiss first the left side of her mouth, then the right. He groaned, pulling her tighter, still grinding his hips into hers. His lips searched for her mouth binding them together.

At first, his tongue barely tasted her. then slowly explored her mouth.

Her own fears forgotten, Merewyn reached for him, touching him. She ran her hands against his rib cage, traced her fingers along his side. The arms that cradled her were bands of steel, desperately pulling her close. She reached out to comfort him, opening her mouth so that he might taste the nectar.

The sounds of returning footsteps and the laughter of his two companions forced him to thrust the girl from his arms. He caught his breath sharply, and then he folded his arms across his chest as his eyes raked over her. The blood pounded in his temples. His breathing slowed. She certainly wasn't as young or

inexperienced as he'd first thought!

"Tell your friends you almost bedded a voyageur on board a steamboat with fifty people dancing above you," he called jauntily as he jumped into the stern of the canoe. "Be good, girl!"

In the birch bark canoe, Francois Benoit's two brothers glanced at each other. Their faces mirrored their disbelief.

"Well if that don't beat all." Jean Batiste stated.

"Yup," Joseph replied, his face as puzzled as that of his younger brother's.

On deck, the young girl clutched her arms tightly across her aching breasts, and reached one hand to touch her bruised lips.

The kiss had been incredible, absolutely incredible.

Two hours and many songs later Francois and his brothers beached their canoe and carefully dried unloaded and weighed their new purchases. Then they bound them into uniform 90-pound bundles that were easier to carry.

Joseph and Jean Baptist didn't have much to say to Francois. It had been many months since the brothers had seen their brother with a woman, and they'd never seen him kiss one. It was one thing to take a woman out into the forest after a night of drinking and take her to bed. You just didn't go kissing them on board ship where everybody could watch.

Privately, they both thought that kissing the skinny, dark haired child just didn't make any sense; but then Francois had been doing many things lately that didn't seem very clear.

After packing a large bundle of flour, dried beans, peas and miscellaneous goods for placement in Poor Eyes' Canoe, Francois dismissed his brothers. Their bewildered expressions annoyed him. He needed to be alone with his thoughts and their eyes asked too many questions about the blue-eyed girl.

Francois didn't want their questions. He felt ashamed of himself. He'd wanted that girl more than he liked to admit. He wondered how she came to be on board and why the captain didn't know about her. It made him angry to think that she might be married within the week to the first man that would bid for her. He brushed both hands through his dark hair and stared out at the darkness. For a moment, he wondered how much the girl's passage cost and what her bride price would be?

When he'd held her in his arms, he'd felt almost whole again. His burning hatred for Dumas and for what Dumas had done

to his family had faded into the moonlight because of a few enchanting minutes pressed against the breasts of a blue-eyed witch woman.

His body stiffened. He had a job to do and an English woman with skin as soft as satin and violet pansy eyes had no part in it. He'd sworn vengeance on the men who had hurt his family. Dumas Beuparlant was the only man still alive and he intended to make him pay for what he'd done.

He forced himself back to the present. The fiddle was playing. That meant Jean Batiste and Joseph wouldn't be any help weighing the furs. He walked around the camp, checking over the small details. Some of canoes were being loaded with trade goods owed to the Indians for last years furs; but most of the canoes held prime pelts he'd collected in the interior.

As he packed Poor Eyes' canoe, he realized that he might be taking a step that could take him from being one of the youngest partners in the North West Company to becoming a *Coureur de bois*, an illicit trader.

The Benoits had their weaknesses, but his family was honest and their word meant something. He checked his supply list carefully. He wanted to be certain that if trouble came, no company would accuse him of illegal use of their stores. When morning came, he'd itemize everything belonging to the North West Company. The furs that he promised North West would go to Fort William. He wasn't a thief.

There were two months of good trading left and plenty that he needed to do if he was to keep one step ahead of the fur companies. He must restock his goods; talk with other independent traders to see what North West was about to do. He also needed to check with local traders so he could find out what supplies they needed in the interior. That way he could plan the routes that would carry his company of men into the wilderness in search of beaver pelts.

It would be at least two months before he returned to Lake Superior with the proof he needed of Dumas treachery. If the North West Company didn't want the furs, he'd figure a way that the Hudson Bay Company would. And if the North West Company wouldn't buy them, he'd sell to American Furs. He'd made promises to deliver goods to the Indians when he'd taken their furs, and he intended to keep his word. There was only one thing he was certain of; he had to get to Fort William and talk to Gillian Du Preis before

the 'Traders' Rendezvous. His friend, Gillian would be able to tell him what was going on at the Fort, and help straighten out this mess with North West.

In the dusky light of the campfire, he heard the droning sound of a fiddle in the distance. He saw his brother Joseph leaning heavily against a wall. Probably winded, he thought, and maybe just a little bit drunk.

Francois impulsively, took one or two dancing steps, then regretfully, picked up his ledger and walked over to where the goods were stored.

He opened the large boxes and kegs and carefully checked their contents. The counting could not wait until morning.

Across the camp, his brother Joseph stared wearily at the sooty fireplace in the great lodge as he listened bleary-eyed to a wheezing, unvarying tune played on an old fiddle and tin soup kettle. It would have been more entertaining to stay at the captain's dance, but Francois had been insistent that they return. The dancing with the heavysset girl had left him exhausted. Like his brother, Francois, he had a lot on his mind. Francois' trip to get supplies from the boat bothered him. Why had they needed to go alone out to the ship to get supplies when the supply store was full? And why had Francois conducted business with cash, not credit?

Earlier he'd seen, Francois, walking in the darkness, drinking whiskey and squinting at his ledger when he should be dressed up and dancing. Francois' behavior puzzled him. Tonight, for one moment in the moonlight, Francois had been himself again, kissing a skinny woman under the stars. Now, Francois was back acting the *Bourgeois*, close mouthed and meticulous, grumbling over his ledgers.

"Francois is becoming our father," Joseph said, as he carefully handed his slightly younger brother a tin cup of brandy, his palms raw from the days paddling.

Jean Batiste shook his plumed cap up and down, while steadying the cup. "Your father, Joseph, not mine! I do not think a father of mine would force anyone to paddle sixteen-hour days. With Francois, like Old Jacques, it's all work. Where are the sing'n and the danc'n, I ask you? The men like the sing'n and the danc'n! I like the sing'n and the danc'n! What's wrong with our brother?"

Joseph staggered slightly before sitting down and thumping his tin cup on a nearby log for emphasis, ignoring his brother's question.

"Cain't you get it in your head that you've done enough

sing'n and danc'n for one evening," Joseph slurred. "I thought you would've found a woman to bed, or are you so ugly no one will have you? The new men will be wondering what's wrong with you."

Jean Batiste puffed steadily on his pipe. Alcohol consumption caused his face to flush unbecomingly. His conspicuous ostrich feather drooped dejectedly from his red woolen hat.

"I'm the greatest lover in the Northwest," he bragged, slapping his brother's broad shoulders. "I've already made one woman happy, tonight."

"The only way you've made a woman happy tonight is by coming outside. You've stepped on everyone's feet tonight!" Joseph replied. "You've been sashaying around, bragging and driving the women away. Women don't want you tell'n them how you're a great lover. They want to find that out for themselves."

Jean Batiste twirled to the music, ignoring his older brother. "Let's go to the boat where there's more women for bed'n. The music's better too."

Joseph chuckled low and deep in his throat, tears running down his face, easily recognizing his younger brother's lie. "You must have been slapped on the head by a grizzly bear, Little Brother. We're at the Fort and the other dance is a long way down river."

He stopped speaking suddenly, a devious grin dancing over his arrogant features.

"Well, I'll bet my beaver pelts!" Joseph laughed. "All the women turned you down. Didn't they? Francois' the only one who got any kiss'n tonight."

"It didn't seem to make him any sweeter," Jean replied sulkily, as he swung a mock blow at his brother's head. Then he reached into a gay beaded bag and withdrew some rope tobacco. He handed a twist to Joseph.

"Looks like none of the women wanted you, either," Jean teased. "The only way you make them happy, is by stay'n away from them."

"Now don't be sour little brother. If you stay by me, we'll both get lucky. I'll teach you all you need to know to pleasure a woman."

Jean flushed querulously. "I know how to please a woman. I'm out of rum. I could've had a woman, but Poor Eyes has been tell'n them not to talk to me unless I give them rum. I don't know why Francois brings that old woman along if she's gonna ruin a



mans pleasure.”

Joseph slapped his brother's back hard before bellowing, “Poor Eyes is like a mother to us. She is a good cook. She knows this country better than any white man does. Francois knows the men would all desert without her kettle of *boulettes*.”

Jean nodded glumly in agreement, pouring another tin cup of his brother's rum. “If I'd known you had this keg stashed in the canoe, I'd have used it to get me a woman by now.”

“Aye, it's good thing I kept it from you and you didn't know. You'd be fool enough to marry the girl for a keg of rum. Then where would you be with a wife and *papooses* trailing behind you to the Fort?”

“Are you tell'n me what to do? “ Jean asked in mock anger doubling up his fist and squaring off on his brother. “I ain't got any *papooses* trailing behind me, and that's a fact.” Jean shouted!

“I'll not have you tell'n me what to do!

“Nah,” Joseph answered enveloping his brother's shoulders in a massive squeeze and thumping him on the back before passing him the keg. “I'll leave that to Francois.”

Jean sighed despondently, as he downed the fiery liquid. “I just get tired of you and Francois tell'n me what to do. Ever since Ma dumped me on him, Francois' been acting like I ain't dry behind the ears.”

“He doesn't mean to. He's had to wet nurse us a long time. I guess habits are hard to break.”

“Well, I still wish he spent more time kiss'n women and less time tell'n me what to do. Did you hear him whistling?”

“Yup.” Joseph replied. “Makes me think he needs a woman to keep his canoe warm.” “Maybe if he had his own woman, he'd leave us to ours,” Jean added thoughtfully.

“Ours?” Joseph chuckled as he looked around at the half-breed women in their large calico dresses adorned with balloon sleeves, squatting gracefully on the floor. Their colored handkerchiefs covered their heads and their ornamented moccasins stood out sharply below their short skirts. Each woman wore a blanket in the form of a shawl. Many had openly paired up with men. They were drinking brandy and nursing children. While in the darkened corner dozens of infants stood upright in their tightly laced cradles. “I don't think we got any women,” Jean said sourly.

“We ain't do'n so well tonight,” Joseph agreed. “None of the Benoit brothers has any women.” He stared gloomily into the

fire.

"I ain't a Benoit," Jean continued. "We may have shared a mother, but that old hard skinned trader was no father to me."

Joseph looked up slowly, reading the pain in his half brother's eyes. "You're my brother and Francois' brother and as we're Benois; that makes you one." He slapped his younger half brother on the arm. "Names ain't important. It's how many pounds you can carry over a portage. It's how many times you dip your paddle during the day."

Jean laughed. "I can out paddle any Pork-Eater from here to St. Charles. I can carry 400 pounds on my back across a portage. I'm the..."

"Damndest, Voyageur on the Great Lakes." Joseph continued with a hearty laugh. "Save the brag'n for gett'n women. We've bigger fish to fry. Francois has been carrying that ledger."

Jean stared, suddenly becoming more sober. "Not the ledger! You're the head clerk. That's usually your job. That means he's plan'n on mov'n again."

"Yup. Unless we can do somet'ing."

"We could get him a woman," Jean chuckled. "But she'll have to be able to keep up, not like that light weight woman he was kissing today. He'd expect her to carry her share."

Joseph raised one bushy eyebrow then nodded slowly. "Yup."

"Don't you know any other word than, yup?" Jean growled. "It's get'n on my nerves."

"Yup." Joseph replied further annoying his brother. He went over to the keg sitting against the wall and refilled his cup, then staggered back and sprawled heavily on the soft ground, grunting painfully.

"Francois would never tie himself down to a leaky canoe. It surprised me to see him kiss'n that young girl."

"Maybe she was kiss'n him."

"Maybe they was both kiss'n each other." Jean Batiste swayed lightly on his feet, and then lowered himself to the ground next to his brother. "Well, what are we to do? I've shown him half the women in the Fort, and he don't pay any attention. Says they're useless and they ain't worth his bother."

"Well, if they ain't worth his bother, why was he kiss'n that girl on the boat today?" Jean Batiste argued.

"Maybe he has a problem," Joseph replied sadly. "Maybe

when he makes love with a woman it won't stay up so he just kisses them."

Jean Batistes 'eyes widened, mirroring his disbelief. "No!" he joshed. "You're drunk and not making sense. He's a Benoit. The spit'n image of old Jacque. It must stand up. My fellow always stands up."

Joseph shrugged smugly. He did not wish to be out done on a favorite topic by his younger brother. "My fellow is taller and stands up longer than yours. He knows what to do when a beautiful woman strokes him."

Jean swallowed another drink, trying to think quickly but his thoughts seemed muddled. "My fellow knows what to do even before a woman touches him."

Joseph laughed, putting his arm around his younger brother. "Your fellow is always standing up, even when you don't want him to. And since no woman will get close to you." His voice trailed off, his bleary eyes mirroring his humor.

Jean Batiste lunged at him, and wrestled him to the ground in the dim firelight. Then stopped his exaggeration suddenly and became serious. "Joseph, you don't suppose, that he can't get it to stand up because of that business with Lysette? He's almost thirty. It must be a terrible thing to lose the desire to bed a woman."

"Hell," Joseph swore. "I don't know. He is like a bear with a sore paw over Lysette, but Francois never goes outside with any of the women, not even tonight after all that kiss'n."

Jean looked puzzled. "Old Jacque never had any problem whoring with the best of them and he was close to sixty." He sighed heavily before finishing his last drink.

"I never said he couldn't get it up," Joseph replied. "I just said he had a problem. You don't lose your desire or your will, by turn'n thirty, boy. It's somet'ing else. Maybe it's those licenses he wants with North West, or maybe it's all that business over Lysette. Maybe he's choosy about whom he slides between his blankets, and then again, maybe he's got a problem. Maybe it gets up, but it don't stay up."

"Well if he's got a problem, we've got to fix it, Joseph," Jean Batiste stated earnestly. "If the word gets to the Fort about the Benoit men, not being able to well, you know, finish things, we won't have any women tak'n chances on either of us. When we walk into the Fort, the women will start laugh'n. Then they'll be hiding behind a pile of furs and start laugh'n, talk'n, and talk'n. You know

how women are. We must do somet'ing! We need to find Francois a hot, passionate armful of woman, that will fix things for him and take his mind off work."

Joseph nodded glumly, his face mirroring his brother's depression. He pounded his fist into the ground. "Yup, and we'd better be about it. Just yesterday, Francois said, there would be no time to go to the St. Andrews' festival. He says we must take another load of furs up river if we are to stay ahead of the rival companies."

Jean Batiste nodded glumly. "I'd like to go to the Fort. It's been a long time since we've had any good fight'n. It must be terrible not to feel strong, to shrivel up. It would be better to go under a big wave and never surface. No man should live that way."

Joseph growled. "It's probably your fight'n that done it to Francois. I promised no fight'n this trip, and you're always punch'n somebody. No wonder Francois won't let us go to the St. Andrew's festival. He probably remembers that gash on your head that kept you lay'n in the bottom of the canoe for three days."

Jean Batiste glowered, "It ain't the fight'n. He's been carrying around a letter and he won't talk about it. I think he's angry at Dumas, so he keeps us paddling to dusk. Now we all pay. It's Dumas' fault. Francois just thinks of Dumas."

By now the alcohol had clearly affected Joseph. He brushed a maudlin tear from his eye. "Poor Francois, not to make love, to lie all shriveled up waiting for somet'ing to happen. To crawl in his blankets and watch women and know he can't have them. We must do somet'ing."

Jean flushed, embarrassed by his older brother's show of sentiment. He tried to change the subject. "We had a good run on Lake Superior and we're ahead on furs; that should make Francois stand tall."

"If you can't make love, what else is there?" Joseph asked.

"The Benoit Fur Company," Jean Batiste replied firmly, defending his older brother.

"With Dumas going over to England, poison'n all our contracts, and try'n to take away our license to trade we're lucky to stay in business. If François didn't work so hard, there would be no Benoit Furs. North West would have taken us over completely."

"I sometimes wonder if that would be such a bad thing, brother," Joseph said sadly. "I'm tired of this fight'n over Dumas; but like you, I want to go to the Fort. It has been two months since

I've fondled any'ing smoother than an otter's pelt." A terrible thought flickered through his mind. "Maybe this problem could happen to all of us. Maybe it's a disease."

Jean Batiste growled. "You're piss ant drunk. It isn't going to happen to me! I'm no Pork-Eater. I take to women like a bear to a honey tree and I'm gonna prove it by bed'n the first woman I see at the Fort. I'll ride her hips all night long and prove my strength. My fellow will stand up tall, time and time again."

Joseph groaned, pathetically, aroused by the image. "I can out bed you with any woman you choose. I've carried 400 pounds across eighteen portages on La Grand River; I've made as many de'charge as any man. I've canoed the St. Lawrence." He slumped to the ground.

"I'm tired of eat'n pemmican and sleep'n with the mosquitoes," he grumbled. "I want to find a pretty girl and fill my hands with her. I'll be hungry and she'll be my meal. I want to make love, to dance and sing and tell stories about the Great Water. I want to erase this sadness from my mind."

"If Francois has this problem, maybe we should work for another Bourgeois until things work for him. A man who has this problem and thinks only of work, is a hard boss."

"He's our brother," Jean said shortly, "He can out trap, out hunt and out shoot any trapper in the country. He trades better than Manuel Lisa does. There is no other Bourgeois! You know what a mess things are in with the big companies fighting. Francois only works because he is angry with Dumas, and Lysette isn't keeping him in his blankets in the morning."

"He's a ring-tailed screamer!" Joseph agreed, "But right now there's nothing we can do. If we tell him we know about his problem, he'll throw both of us in a tamarack bog."

"No man's that stupid," Jean Batiste replied in an offended tone, "but maybe there is something we can do. We can't stop Dumas because we can't find him, but there's plenty of women and we can have us a bunch."

He whooped joyfully, spinning his brother around. "We'll find a women to keep Francois busy, so his fellow doesn't forget what it's there for. Then while he's busy, we go to the Fort and do our own bed'n."

"That's good. I like that!" Joseph shouted, laughed happily, and swung his tobacco pouch in a circle. "We will each have four or five women. No, make that six! None of the women at the Fort will

laugh when they see how big, how fierce we are. They will fight with knives to come to our blankets.”

Jean danced a few halting steps in the firelight, his gestures crude and suggestive, pantomiming precisely what he had in mind. Joseph joined him, laughing delightedly as they swaggered, sang, and circled the dying campfire.

Finally, out of breath, Jean rasped, “Where can we find him a woman who will make his blood pump? She’d have to have special...”

Joseph nodded slowly, a smile lightening up his dark features, as he thought about the skills such a woman might possess.

“For once, you’re think’n, Jean.”

He stared at the firelight. His voice grew low and melodious.

“Once I had a woman named Marie. She was Me’tis, and when I was with her, I felt strong enough to sire....” His voice trailed off, pleasurable memories written in every line of his face.

Turning, he faced Jean Batiste, his eyes slightly glazed over. “Hell, we were out to the big boat. We saw him kiss’n that skinny girl. There’s got to be more of them. They sent all those women from England to marry traders. If we go back tonight, we’ll be able to board the boat before the Canadians do in the morn. Maybe we can steal him one of the King’s Brides or better yet, a French one.”

“He hates English women,” Jean said as he downed the fiery liquid. “You’ve heard him! He calls them lazy and says they have no place in the wilderness. It’s not likely he’d take to an English bride. And it’s doubtful she’d know how to help him even if we paid for her. English women are cold. She’d have to be able to carry 90 pounds at a trot or Francois would chuck her out of his canoe.”

“He hates the English because of our mother. Jacque blamed her to the day he died for all of his misfortune. Francois thinks all women are\_\_\_,” he broke off, not wishing to say the name around his brother.

“There’s not much anyone can do about the past but whether this girl we find, earns her Pemmican is Francois’ problem,” Joseph grumbled. “We’re not talk’n about a lifetime. All the woman needs to be able to do is make him feel like a man. With his equipment work’n, we can concentrate on ours. All this talk of Francois has made me needy, and if the only way I can have a woman is to get Francois one, then I will do it. Are you with me?”

Jean nodded happily, his jaunty cap bouncing on his dark

hair. "We could steal a bride off the boat for Francois and meet our own party down river, before you can say "otter trap."

He snatched up his blue capote and started to sing, dancing his brother around enthusiastically, while tossing his red-feathered cap into the air before continuing. "Then we bring Francois his woman, and he will be so upset wonder'n what to do with her and if he can last with her, that he'll not worry about where we are, or what we're do'n. We'll go back with the rest of the Winters, and let Francois figure out if she's to ride in his canoe. Tomorrow we dance!"

"Let's hope she rides somet'ing other than his canoe," Joseph suggested. "He ain't gonna thank us for this!" He looked at his slightly younger brother apprehensively, and tied his gaudy sash tighter. "I think maybe we are mak'n a big mistake. Francois is a proud man. Remember, Little Brother, you never see Francois' fist until you're on the ground. When he has the anger on him, he's a bull moose."

"Let's hope he's a moose in rut, then he'll be too busy worry'n about what to do with the woman to wonder where she came from, or connect us with her when she shows up," Jean Batiste growled. "And that, Big Brother, means that you and I can continue up river with the *engages* and enjoy St. Andrews' Day at the Fort."

Joseph's smile deepened. "We'll have to get him a feisty one, with big heavy breasts and sashaying hips. A ripe widow, who will know what to do with him and keep him in her, blankets for at least a week. "

"Aye! Maybe he'll share her with us." Jean Batiste leered drunkenly. "We'll get him one with big lips who likes to kiss."

"You know what I would do with a plump widow, just begg'n to be taken? I'd grab her by the hair and drag her to my canoe and then I'd bed her under the stars, and I'd kiss..."

"You'd have to drag her by her hair, Little brother," Joseph interrupted lightly. "One look at your ugly face and she'd run away. Besides, you haven't the skill or the stamina for a ripe widow! If I took her, I'd bed her go'n over the Lachine Rapids and if we capsized, they'd find me floating face down with a grin on my face. I'd clutch her big breasts and I'd ride her over the falls. When we reached the shore she'd beg for another ride."

Joseph took another drink, gesticulated crudely, laughed loudly and then threw his cap in the air. "Come Jean! There're things we must do. Get the light canoe, and the spirits!"

He took one or two dancing steps, leaping into the air. "There's a head wind tonight; with any luck, we'll be back with Francois' bride before morn."

Jean Batiste slapped his brother on the back, grunting agreement. "Francois will never know we had anything to do with it." He gave another rumbling laugh, climbed carefully over the gunwales and sat without movement in the bow. Joseph pushed the canoe silently into the inky black water.

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