

PINK BLUEBERRY LEMONADE

- from Maple Springs Farm
as published in the
Portland Press Herald
Wednesday, 2011.08.03

Armed with fresh blueberries from the farmers market, I tried this recipe from the U.S. Highbush Blueberry Council over the weekend, and soon found myself totally addicted. I couldn't stop drinking it.

The sweetness of the blueberries works with the sugar to cut the tartness of the fresh lemon. The whole berries floating in the glass among the ice cubes provide a taste of visual fun. It's like Maine's own version of bubble tea.

I would, however, like to recommend an extra step in preparation. If you chill the lemonade with the 2 tablespoons of blueberries still intact, as the recipe implies, the liquid won't really turn pink, and it will taste like regular lemonade. Try mashing the blueberries to release both colour and blueberry flavour. Then you can add the remaining berries intact.

Drink up. But remember, you've been warned. Don't go blaming me when your family stages an intervention and tries to get you to enter a lemonade 12-step program.

⅓ cup sugar
1¼ cups fresh blueberries, divided
½ cup lemon juice

In a 1-quart glass measuring cup, combine sugar, 2 tablespoons of the blueberries and 1/2 cup water. Microwave on high until hot (about 1 minute); stir until sugar dissolves. Add lemon juice and enough cold water to make 1 quart. Chill.

Fill tall glasses with ice cubes, add chilled blueberry-lemon mixture and remaining berries, dividing equally. Garnish with lemon slices if desired.



Baby Lemon & Blues

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