



Fathers are “Berry” Special

OVERNIGHT BLUEBERRY FRENCH TOAST

In this version of French toast, the bread is cut into cubes instead of slices. It is wonderful served with maple syrup, or try drizzling our Blueberry Sauce on top for an extra burst of blueberry flavour.

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| 12 cups (3 L) white bread cubes | 1/4 tsp (1 mL) salt |
| 8 oz (250 g) cream cheese, cubed | 2 cups (500 mL) homo milk |
| 1 1/2 cups (375 mL) frozen blueberries | 1/3 cup (75 mL) maple-flavoured pancake syrup |
| 12 eggs | 2 tbsp (25 mL) sugar |
| 1 tsp (5 mL) vanilla | 1/2 tsp (2 mL) cinnamon |

Place half of bread cubes in a greased shallow 3 quart (3 L) baking dish. Sprinkle cream cheese and blueberries over bread cubes. Top with remaining bread cubes. Whisk together eggs, vanilla and salt until blended. Whisk in milk and syrup. Pour egg mixture evenly over top of bread cubes. Combine sugar and cinnamon; sprinkle over top. Cover with foil and refrigerate overnight. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, covered, at 350°F (180°C) for 30 minutes. Uncover and continue baking for 25 - 30 minutes or until a knife inserted in centre comes out clean. Let stand for 5 minutes before serving. Serve with pancake syrup. Serves 8.

Blueberry Sauce

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| 1/2 cup (125 mL) fresh orange juice | 2 cups (500 mL) frozen blueberries |
| 1/3 cup (75 mL) sugar | 1/2 tsp (2 mL) grated orange peel |
| 2 tbsp (25 mL) finely chopped crystallized ginger | 1/2 tsp (2 mL) vanilla |

Combine orange juice, sugar and ginger in a saucepan. Bring to a boil over medium heat. Stir in blueberries and orange peel. Return to a boil and boil, stirring frequently, for 4 - 5 minutes or until mixture is slightly thickened. Remove from heat and stir in vanilla; cool. May be prepared in advance and refrigerated for up to 2 days.

Makes about 1 2/3 cups (400 mL).

BLUEBERRY CRUMBLE BARS

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| 1 1/2 cups (375 mL) dried blueberries | 1 cup (250 mL) old-fashioned rolled oats |
| 1 1/4 cups (300 mL) water | 1 1/2 tsp (7 mL) cinnamon |
| 1/4 cup (50 mL) sugar | 1/2 tsp (2 mL) baking soda |
| 1 tsp (5 mL) vanilla | 1/4 tsp (1 mL) salt |
| 1 1/2 cups (375 mL) flour | 3/4 cup (175 mL) butter, chilled and cubed |
| 1 cup (250 mL) packed golden brown sugar | |

Combine blueberries, water and sugar in a saucepan. Bring to a boil over medium heat. Reduce heat; cover and simmer until liquid is absorbed, about 40 - 45 minutes. Remove from heat. Stir in vanilla; cool completely. Meanwhile, to prepare crumb mixture, combine next 6 ingredients (flour through salt) in a bowl. Using fingertips, rub in butter until moist clumps form. Press half of crumb mixture into a greased 8 inch (20 cm) square baking pan. Spread blueberry mixture evenly over top. Sprinkle remaining crumb mixture over blueberry mixture; pat gently to adhere. Bake at 350°F (180°C) for 40 minutes or until golden brown around edges and set in centre. Cool in pan on a rack. Cut into bars. Store in an airtight container in a cool dry place for up to 1 week. May be frozen.

Makes 16 bars.

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

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BLUEBERRY LEMON STREUSEL TARTS

1 3/4 cups (425 mL) flour	2 egg yolks
1/2 cup (125 mL) sugar	1 tsp (5 mL) vanilla
1/2 cup (125 mL) packed golden brown sugar	1/2 cup (125 mL) sliced natural almonds, toasted
2 tsp (10 mL) grated lemon peel	1/2 cup (125 mL) blueberry jam
1/2 tsp (2 mL) cinnamon	1/3 cup (75 mL) dried blueberries
1/2 tsp (2 mL) salt	1 tbsp (15 mL) fresh lemon juice
3/4 cup (175 mL) butter, softened	

Place first 6 ingredients (flour through salt) in a food processor; process until combined. Add butter and process, using an on/off motion, until mixture resembles coarse crumbs. Add egg yolks and vanilla; process just until dough starts to clump together. To prepare streusel topping, transfer 1/2 cup (125 mL) of dough to a bowl; stir in almonds. Set streusel topping aside. Gather remaining dough into a ball. Shape dough into 1 inch (2.5 cm) balls. Press each ball into a well-greased nonstick mini muffin cup to form a tart shell. To prepare filling, combine jam, blueberries and lemon juice. Spoon filling into tart shells. Sprinkle with streusel topping. Bake at 375°F (190°C) for 20 - 25 minutes or until filling is bubbly and streusel topping is golden brown. Transfer pans to racks. Loosen edges of tarts carefully with a plastic knife or thin spatula. Let tarts stand for 5 minutes. Remove from pans and cool tarts on racks. Store in an airtight container in a cool dry place for up to 4 days. May be frozen. Makes 30.