



Blueberries: 40+ delicious recipes from Canadian chefs to celebrate this homegrown treat

Elaine Elliot, Virginia Lee

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This cookbook offers all kinds of great ideas for preparing one of Canada's favourite summer treats! Of course there are recipes for the best blueberry grunt you've ever tasted, but there are also more modern recipes for Spinach Salad with Smoked Ahi Tuna and Blueberry Dressing, Pork Tenderloin Medallions with Blueberries and Cheese, as well as fancier dishes like Caramel Chocolate Crème with Warm Blueberry Sauce and Cold Blueberry Soufflé.

Authors Elaine Elliot and Virginia Lee went to some of Canada's finest chefs to get their best ideas for preparing blueberries and all the recipes have been adapted and tested for home cooking.

Recipes are illustrated in full colour throughout the book. As well, there's an introduction that answers every question about blueberries: where they are grown, how they are harvested, how to preserve them, their health benefits and how the varieties differ from one another.

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