

Blueberries and Vanilla

Donna Pawlikowski

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1/2 cup water
1 envelope unflavored
gelatin
3/4 cup sugar
1 cup half-and-half
1/2 teaspoon vanilla
1/4 teaspoon salt
3/4 cup sour cream
2 cups frozen blueberries
3/4 teaspoon lemon juice
1/3 cup sugar
2 teaspoons cornstarch*

In a bowl, microwave the water on HIGH (100%) until boiling, 45 seconds to 90 seconds. Stir in the gelatin until dissolved. Combine the gelatin mixture and 3/4 cup of sugar in a medium bowl. Stir to dissolve the sugar.

Stir in the half-and-half, vanilla and salt. Chill until the mixture begins to set. Beat with an electric mixer until smooth. Beat in the sour cream.

Spoon into four lightly oiled individual dishes.

Chill for at least four hours.

Microwave the blueberries at MEDIUM-HIGH (70%) until completely thawed, 4 to 5-1/2 minutes. Let stand 5 minutes. Drain well, reserving the juice.

In a small bowl, mash 1/3 cup of the blueberries. Add the reserved juice and the lemon juice. Blend in 1/3 cup of sugar and the cornstarch.

Microwave on HIGH (100%) until thick and bubbly, 45 seconds to 90 seconds. Let stand until cool.

Stir in the remaining blueberries. Unmold the vanilla cream onto dessert plates. Top each dish with 1/4 of the blueberry mixture.

Per Serving (excluding unknown items): 1715 Calories; 38g Fat (19.4% calories from fat); 13g Protein; 344g Carbohydrate; 8g Dietary Fiber; 77mg Cholesterol; 850mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Fruit; 1/2 Non-Fat Milk; 7 Fat; 19 1/2 Other Carbohydrates.