

BLUEBERRY BARBECUE SAUCE



This blueberry barbecue sauce came from an overabundance of plums. Making a plum sauce piqued my interest in making more savory sauces. This recipe brings together some of my all time favorites and kitchen staples, including spring onion, to create a tart-sweet and smokey sauce, great for slathering on grilled meat, tempeh and vegetables. A hallock of blueberries contains more than 2 cups, so this recipe is easy to double - and leaves you plenty for snacking.

- Heather Morrill, Community Engagement Manager, Portland Farmers Market

Makes approximately 1 cup

INGREDIENTS

1 heaping cup blueberries

1/3 cup apple cider vinegar

1 T honey

1 small spring onion (~1/2 cup), diced

1 teaspoon salt

1/2 teaspoon smoked paprika

DIRECTIONS

Combine all ingredients in a saucepan and bring to a simmer.

Simmer for 15 minutes for a pourable sauce (my preference) or total 25 minutes for a thicker sauce.

Blueberries are high in natural pectin and the sauce will thicken as it cools.

While warm I pour the cooked sauce into a pint-sized mason jar and use an immersion blender to create a smooth sauce. Alternatively, you can leave the sauce chunky.