

Elkhart County 4-H Fair
News Release
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For immediate release

Open Class Home & Family Arts Department
Special Contest – Bursting with Blueberries, held Friday, July 28, 2023 sponsored by Mary Ann Lienhart Cross, Elkhart.

7 exhibitors entered the contest.

First Place - Salads
Blueberry Chicken Chopped Salad
Karen Meade, Goshen

Vinaigrette
3 Tbsp. olive oil
1 Tbsp. lemon juice
1 Tbsp. balsamic vinegar
1/4 tsp. black pepper
1 tsp. Dijon mustard
1 tsp. honey
1/2 tsp. salt

Chopped Salad
1 lb. boneless skinless chicken breasts or thighs
Salt and black pepper
1 Tbsp. olive oil
1 pt. fresh blueberries
1 c. walnuts, chopped
12 oz. chopped lettuce (or other greens)
1 small red onion, diced

Cook chicken and season with salt and pepper. Then dice into small pieces. Whisk all ingredients for vinaigrette together or shake vigorously in a sealed jar. Combine chicken with salad ingredients in large bowl. Drizzle vinaigrette and toss until evenly combined. Serve.

First Place - Desserts
Blueberry Lemon Coffee Cake
Virginia Mansfield, Middlebury

Crumb topping

1/4 c. sugar
1/4 c. all-purpose flour
2 Tbsp. butter, chilled

In a small bowl, whisk together sugar and flour. Cut in the chilled butter and set aside.

Icing

1/2 c. powdered sugar
1 Tbsp. lemon juice

Whisk together powdered sugar and lemon juice to create a thin glaze.

Cake

3 c. all-purpose flour
1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
3/4 c. butter
1-1/2 c. sugar
3 eggs
3 tsp. vanilla
1/2 c. milk
2 Tbsp. lemon zest
3 c. fresh or frozen blueberries

Preheat oven to 350 degrees F. Line a springform pan with parchment paper and spray with cooking spray. In a small bowl, whisk together flour, baking powder, baking soda, and salt. Set aside. In a large bowl, beat butter and sugar until light and fluffy. Add eggs, vanilla, and milk. Mix in the lemon zest. Fold in the flour mixture (reserving 2 Tbsp. to toss with the blueberries) by hand, just until combined. Gently fold in blueberries that have been tossed with the remaining flour mixture. Spread the mixture into the prepared pan. Sprinkle with crumb topping.

Bake for 60-80 minutes. Cover loosely with a piece of foil for the last 10 minutes if the topping is getting too brown. Insert a toothpick in the middle of the cake to be sure it comes out clean. Cook for 20 minutes before removing the sides of the springform pan. Drizzle the icing on the cake while it is still warm. Garnish with blueberries and lemon peel (optional).

First Place – Other than Above

Blueberry Scones

Mark Zak, Goshen

2 c. all-purpose flour
2-1/2 tsp. baking powder
1/2 tsp. salt
1/2 c. heavy cream
1-1/2 tsp. vanilla extract

1/2 c. granulated sugar
1 tsp. ground cinnamon
1/2 c. butter, frozen
1 large egg
1 heaping c. blueberries, frozen or fresh
1/4 lb. white chocolate, approximate (for drizzling on top)

Whisk flour, sugar, baking powder, cinnamon, and salt together in a large bowl. Grate the frozen butter and combine with the flour mixture and combine with a pastry cutter (or two knives) until the mixture comes together in a pea size. Place in refrigerator or freezer while you mix the wet ingredients. Whisk 1/2 cup heavy cream, the egg and vanilla extract in a small bowl. Drizzle over the flour mixture, add blueberries, then mix together until everything appears moist.

Pour onto a counter or board and with floured hands work the dough into a ball. If it is too sticky add a little flour. Press into an 8-inch disc and with a sharp knife cut into 8 wedges. Place the scones on a parchment lined baking sheet and refrigerate at least 15 minutes. Scones should be about 2 inches apart.

Preheat oven to 400 degrees. Bake for about 25 minutes or until golden brown around the edges and slightly browned on top. Melt the white chocolate and drizzle on top when the scones have cooled.

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