Blueberry Lemon Sauce  
(Makes 3 pint-size jars)

8 cups fresh or frozen blueberries  
Zest and juice of 1 lemon  
1 to 1 1/4 cups sugar  
1/2 cup orange juice

1. Pick over berries to remove stems and any soft berries. If using frozen berries, don’t bother to defrost them.

2. Combine the berries, lemon zest, lemon juice, 1 cup sugar and orange juice in a large (4 quart) pot. Bring the mixture to a boil, stirring occasionally to dissolve the sugar. Bring to a boil over medium heat, decrease the heat and simmer for 1 to 2 minutes, until sugar is dissolved thoroughly. Taste and add more sugar if the berries are very tart.

3. Ladle the sauce into clean jars and refrigerate for up to 3 months. If you don’t wish to refrigerate the sauce, pour it while still hot into clean, warm jars, leaving a 1/4-inch headspace. Seal and process in a boiling water bath for 10 minutes. “Canned” sauce will be best if used within 6 months

BOILING WATER BATH
1. Fill a large, deep pot with water and bring it to a boil. The water must be deep enough to cover the tops of the jars by 1 to 2 inches.

2. Inspect the canning jars for cracks and discard defective ones. Wash them well and fill them with hot tap water until you are ready to use them.

3. Wash the lids and screw bands. (Use new lids each time to ensure a proper seal.)

4. Drain the water from the jars and fill them to within 1/4 inch of the top (headspace.) Wipe the tops and the inside of the rims with a wet paper towel and cover with the lids. Screw on the bands.

5. Using a sturdy pair of tongs, set the jars in the boiling water bath, on a rack or a thickly folded dish towel. Process the jars for the prescribed time.

6. Remove the jars from the water bath and allow them to cool. After 12 hours, inspect them to make sure they are sealed: press the center of the lid; it should remain concave. Label and date the jars.

©2009-2015 Sally Pasley Vargas. Writing and photography, all rights reserved.