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Benefits of eating blue foods: Recipes, nutrition and tips, from blue cheese to Blue Dye No. 2

Six-week 'Color Palate' series of stories will explore the food of a different color each Wednesday



MARY ELLEN WRIGHT | Staff Writer Jul 3, 2019



Scallop Crudo with Blueberry Kombucha, as prepared by Chef Joshua Manny, executive chef at The Local Table of W Communities.

DAN MARSCHKA | Staff Photographer

Nutritionists recommend that we eat the rainbow.

Eating fruits and vegetables in a variety of colors, in particular, helps us get all the vitamins and other nutrients our bodies need.

We face an embarrassment of riches here in Lancaster County throughout the spring and summer months: colorful local produce in stores and at farmer's markets and roadside stands.

And colorful edibles fall beyond the bounds of produce, as well — from dairy products to spirits to snack foods.



FOOD + LIVING

Take our blue foods quiz

ERIN NEGLEY | Staff Writer

For the next six weeks on LNP's Wednesday Food pages we'll be exploring these foods in various hues — one color per week.

Each week, we'll talk to someone who grows or makes a food of a given color, provide recipes for using foods of that color and explain food dyes and nutrition associated with those colors.

We begin our new "Color Palate" series this week with the color blue.

A pizza embellished with tortilla chips the color of dark denim.

A pastry bubbling with baked blueberries.

A sky-blue cocktail with a piece of fruit perched on the rim.

A salad dotted with blue-veined cheese.

There may be only a handful of foods that Mother Nature has colored blue. But there are lots of ways to serve them.

FOOD + LIVING

Chef likes to cook locally sourced food that takes a long time to prepare
[Q&A]

MARY ELLEN WRIGHT | Staff Writer



We've collected some recipes that include or feature food that's blue.

These first two recipes come from Chef Joshua Manny, who creates the dishes served at [The Local Table](#), a restaurant that serves the residents of the Willow Valley Communities, along with their relatives and guests.

We asked Manny to create two dishes with blue elements.

He came up with a scallop dish surrounded with a blue sauce and garnished with blue elements.



FOOD + LIVING

What are the benefits of eating blueberries? Antioxidants and a boost for your brain

MIKE ANDRELCZYK | Sunday

Manny also served up a bubbly blueberry dessert with a spray of bluish-purple sugar on the plate.

And he's sharing both recipes with our readers.

For the scallop crudo, he makes slices of larger scallops — a size known as U-10 — “and we lightly dress that with some citrus and some extra-virgin olive oil,” Manny says.

“The official dressing for the plate is the blueberry kombucha, which is really, really simple,” he says.



FOOD + LIVING

Not all of the dyes that turn your food blue are synthetic; there are some do-it-yourself options, too

ERIKA RILEY | Staff Writer

Manny makes his own kombucha — a fermented mix of chamomile and Earl Grey teas with elderflower.

The sauce is “basically a puree of blueberries that we cook down a little bit and add kombucha to, and a little bit of lemon zest,” he says.

Manny adds lavender-infused salt, and garnishes it with edible blue viola flowers, fresh blueberries and lightly pickled corn “for that extra pop of acidity and sweetness.”



FOOD + LIVING

How do you make blue cheese? Lancaster County cheesemaker details the process

JENNIFER KOPF | Staff Writer

“This recipe is light, refreshing and, frankly, scary to many people. But that doesn’t mean it should be,” Manny says. “I routinely serve crudos like this in the restaurant, and most who try it are pleasantly surprised.”

Check out the recipes below.



Chef Joshua Manny serves up dishes he prepared, using blue foods, at The Local Table restaurant at Willow Valley Communities.

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DAN MARSCHKA | Staff Photographer

Chef Joshua Manny's Scallop Crudo with Blueberry Kombucha

Ingredients:

- 2 “U-10” sized uncooked scallops per serving (must be fresh, day of purchase)
- 1 ounce Blueberry Kombucha (recipe below)

- 1 ounce local blueberries
- 1 tablespoon pickled corn
- Lavender salt, to taste
- Edible blue viola flowers
- 1 each lemon wedges
- 1 teaspoon extra-virgin olive oil

Directions:

Begin by slicing 1/4-inch thick pieces of scallop longways.

For U-10 scallops, I typically get four slices per scallop.

Place in a bowl and gently toss with lemon, oil and lavender salt to taste.

On a light-colored plate (so you can best see the blue color of your kombucha), lightly and evenly dress your plate with the blueberry kombucha.

Once your dressing is down, place the scallops one by one, evenly across your place.

Disperse your pickled corn kernels, blueberries and edible viola flowers.

Blueberry Elderflower Kombucha Dressing

Ingredients:

- 1 cup local or homemade elderflower kombucha
- 1 pint local blueberries
- Zest of 1/2 lemon

Place blueberries in a blender and blend until smooth. Place pureed blueberries in a small saute pan and gently, on low heat, cook the blueberries down for about 10 minutes. This helps to condense the blueberry flavor, thus create a more intense kombucha dressing.

Strain and cool. Combine with kombucha and lemon zest. A pinch of salt also does this dressing good, as it balances all of its acidic, sweet and fermented flavors.

Manny's second dish is a blueberry galette, which is a traditional French pastry, he explains.

“We roll out a basic pastry dough. It technically is a puff pastry dough. We don’t layer it, we don’t fold it. We just bring it together like a pie dough. We don’t do all those layers.

“We get a medium puff.”

“I let the blueberries kind of muddle with vanilla sugar,” he says. “I take empty vanilla pods and marinate them with sugar for a few weeks. It’s a good way to utilize something you’d have thrown out in the trash.

“Summer savory is one of those things I love this time of year,” the chef says. “It’s kind of a combination of thyme and rosemary, but it’s a little more perfumey.

“I really enjoy that flavor,” he adds. “I’ll use summer savory in a sweet way, to sort of balance that,” Manny says.

He fills the center of the pastry with blueberries, folds up the sides and bakes it.

“You get nice golden brown sugary, crispy sort of texture,” Manny says. “It’s great right out of the oven. It’s nice and bubbly. It’s kind of like a blueberry volcano.”

He garnishes it with a mixture of berries he has dried in the oven overnight — black and red raspberries and blueberries .

“It’s my own version of Fruity Pebbles,” he says. He blends powdered sugar with the dried fruit to make the spray of colored powdered sugar off to the side.



Blueberry Galette, as prepared by Chef Joshua Manny at The Local Table at the Willow Valley Communities.

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DAN MARSCHKA | Staff Photographer

Chef Joshua Manny's Blueberry Galette

Ingredients:

- 3 ounces Quick Pastry Dough (recipe below)
- 1 pint blueberry
- 1 tablespoon vanilla sugar
- 1 sprig summer savory (picked and chopped)
- Zest of 1/2 lemon
- 1 tablespoon flour
- 1 egg
- 1 tablespoon heavy cream

- Berry sugar for garnish

Directions:

Combine blueberries, vanilla sugar, lemon zest and summer savory. Allow the ingredients to meld for anywhere from 2 to 12 hours.

This gives the blueberries time to break down a bit and allow their natural acids to draw out the flavor of the summer savory.

After blueberries have made friends with the herbs, add your flour and mix gently.

Begin by rolling out your chilled pastry dough to roughly 1/4 inch thickness.

Roll from the center out in even strokes in all directions. A 7-inch diameter is desired. Trim excess dough in an even manner.

Once the dough is rolled and trimmed, add the blueberry mixture in a nice high pile in the center of our circle. Begin folding the edges by starting at the 12 o'clock position.

Gently pinch about a 1/2 inch of dough together, as if you've made a triangle with the dough edge and collapsed it on itself, and gently lean it to the right.

Move slightly right and continue this process until you make your way around the entire galette.

From there, whisk together the egg and heavy cream to make a glaze.

Brush over top of your dough (and don't forget the crevices). We do this so that the galette has a nice shiny finish to it.

Sprinkle about 1 teaspoon of regular granulated sugar on top of the dough to finish.

Place in oven on a Silpat at 400 F for roughly 16 minutes. When it comes out, the galette should be a delicious golden brown, bubbly pastry.

- To make blueberry sugar with dehydrated berries: Rinse berries, lay them out on a Silpat and put them in the oven overnight at 150-160 F. Blend powdered sugar with the dehydrated blueberries.
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Chef Joshua Manny's Blueberry Galette is dusted with sugar processed with oven-dehydrated berries.

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DAN MARSCHKA | Staff Photographer

Quick Pastry Dough

Ingredients:

- 4 cups flour
- 1 1/2 teaspoons salt
- 3 cups butter, cold and diced small

- 1 cup ice water

Directions:

(You can mix the dough by hand instead of using the food processor.)

Place flour in the base of blender. Add cold diced butter and pulse 8 to 10 times in quick bursts.

It is vital that the butter and water are cold. You want to have layers in the dough for proper texture.

Once pulsed, the mixture should have tiny pea-sized crumbles of butter in the flour.

Add water and pulse 5 more times in quick bursts. Turn dough out onto a floured surface. It shouldn't be wet, but should come together.

Mold into a tight disk and tightly wrap in plastic. Chill for 1 hour before use.

Here are some additional recipe using blue foods

This first recipe is adapted from a recipe in LNP's archives to include red, white and blue potatoes.

It would make a great side dish for your patriotic Fourth of July meal.

It includes small potatoes that are blue to bluish-purple in color. The bluer the color of the potatoes you can find in the store, the better the patriotic effect in the dish.

PATRIOTIC POTATOES

Makes 6-8 servings.

Ingredients:

- 1 pound small to medium-sized potatoes in a patriotic mix of blue, red-skinned and white or Yukon gold, washed and scrubbed
- 1 1/2 cups diced sweet onion
- 3 tablespoons extra-virgin olive oil
- 1 1/3 tablespoons salt-free herbes de Provence

- 1/4 teaspoon salt

Directions:

Heat oven to 400 F.

Mix together the olive oil, the herbes de Provence and salt in a bowl.

Leaving the skin on the potatoes, slice them into uniform slices, about 1/3 of an inch thick. Add the potato slices and onions to the bowl and coat all the pieces well with the oil and herbs.

Place the potatoes in a 13- by 9-inch baking pan; the slices will be about three or four layers deep.

Cover the baking pan with aluminum foil and bake for 35 minutes. Remove the foil, toss the potatoes around a little in the pan and put the pan back in the oven to bake, uncovered, for another 25 minutes.

Serve and enjoy.

— *Recipe by Mary Ellen Wright*



These patriotic potatoes in red, white and blue make a nice side dish for your Fourth of July meal.

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MARY ELLEN WRIGHT | Staff

CHEESY CALIFORNIA BUFFALO FRIES

Makes 4 appetizer-sized servings.

Ingredients:

- 1/2 teaspoon ground cayenne
- 2 teaspoons mesquite seasoning
- 1/2 teaspoon celery salt
- 1 teaspoon garlic powder
- Spray of olive oil
- 24 ounces frozen french fries
- 1 cup Monterey Jack cheese, plain, shredded
- 3/4 cup bottled chunky or creamy blue cheese dressing
- 1/2 cup blue cheese, crumbled
- 2 stalks celery, trimmed and minced
- 4 green onions, thinly sliced

Directions:

Heat oven to 450 F.

Mix together the cayenne, mesquite seasoning, celery salt and garlic powder. Reserve.

Spray frozen fries with olive oil, tossing to coat all sides. Sprinkle with seasonings and toss to coat evenly.

Bake on a cookie sheet in a single layer according to manufacturer's directions, flipping fries over halfway during cooking so both sides crisp evenly.

Remove from oven and top with shredded Monterey Jack cheese.

Return to oven for 30 seconds, or until cheese melts.

Remove from oven and quickly drizzle with blue cheese dressing, top with crumbled blue cheese, minced celery and green onion, and serve.

— *Recipe provided by the [California Milk Advisory Board](#).*

Here's a patriotic recipe, appropriate for Thursday's Independence Day celebration. It uses blue corn tortilla chips for the blue field on the U.S. flag.

AMERICAN FLAG PIZZA

Ingredients:

- 1 tube refrigerated pizza crust
- 1 jar pizza sauce
- 1 package pepperoni (optional)
- 1/2 cup crumbled blue corn tortilla chips
- 4 slices mozzarella cheese
- 8 mozzarella sticks (whole milk)

Directions:

Heat oven to 425 F.

Unroll pizza dough and press into a 15- by 10-inch pan. Bake at 425 degrees for about 8 minutes.

Spread pizza sauce over crust and top with pepperoni (if desired).

Crumble chips in top left corner to represent the blue field of the American flag.

Use a star cookie cutter to cut small stars out of mozzarella cheese slices. Place on top of chips.

Cut mozzarella sticks (whole milk seems to melt better than the partial skim milk sticks) in half lengthwise and place across flag to represent the white stripes.

Return to oven and bake until cheese is melted.

— *Recipe from [the Celebrating Holidays website](#).*

This preparation of a salad that contains blue cheese comes from a New York Times series called "You don't need a recipe," which offers process ideas for dishes and sides for which you don't need exact amounts of ingredients.

KALE SALAD WITH CRANBERRIES, PECANS AND BLUE CHEESE

How about a kale salad?

Just make a mustardy vinaigrette that will stand up to the greens — mustard, olive oil, a splash of lemon juice, salt and pepper — then drizzle it over clean, chopped kale with a host of big-flavored mix-ins that wink at whatever season you're in.

Crumble blue cheese over the salad and add any or all of the following: dried cranberries or currants; pecans toasted with maple syrup and a pinch of cayenne; a spray of croutons.

Sweet, salty, spicy, sour. That and a chilled glass of red wine? Why don't we eat salads for dinner more often?

Notes:

- Cubes of thick, crisp bacon are a nice addition to this salad.
- So, too, are a number of peeled soft-boiled eggs, placed on top before serving and cut open with a serving spoon at the table.

Here's a recipe for a version of the famed Blue Hawaii cocktail, created in 1957 at Hilton Hawaiian Village in Waikiki, Hawaii.

It uses Blue Curacao, an orange-flavored liqueur that is artificially colored to a cobalt blue hue.

FROZEN BLUE HAWAII

Ingredients:

(1 centiliter is equal to .34 fluid ounces)

- 2 cl (.68 ounces) light rum
- 2 cl (.68 ounces) vodka

- 1.5 cl (.51 ounces) Blue Curacao
- 9 cl (3 ounces) pineapple juice, unsweetened
- 3 cl (1 ounce) sour mix

Directions:

Combine all ingredients with ice, stir or shake, then pour into a hurricane glass with the ice.

For garnish, score pineapple or orange slice with a knife and insert onto rim of glass.

You also can use toothpick or cocktail umbrella to spear maraschino cherry through center and attach to top of fruit slice, or float cherry on top of ice.

— *Adapted from the former Gold Spike restaurant and bar, San Francisco*

NEXT WEEK IN THE COLOR PALATE SERIES: GREEN FOODS.



The Blue Hawaii cocktail, featuring Blue Curacao liqueur, at Pepe Le Moko in Portland, Ore.

THOMAS PATTERSON for New York Times



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Eat greens for health: Green vegetables are packed with vitamins and nutrients



Peach season's here in Lancaster County, despite damage from hail and a bud-killing bitter cold snap



Green foods can be a healthy addition to your meals [tips and recipes]



Planning ahead can help you eat healthy during summer adventures [column]



Craft beer and beyond: Photos, checklists make HGTV star's cookbook a winner



If you have a passion for red food, drink, check out these recipes, tips

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