

Blueberry Confit

Confit means to cook in its own juices and usually refers to meat dishes. However, confit can also apply to fruit sauces! This super easy sauce is quick and adds a whole new layer to your breakfast dishes and plated desserts.

Ingredients	1#	2#
Blueberries	1 pint	2 pints
Water	8 ounces	1#
Granulated Sugar	6 ounces	12 ounces
Lemon zest and juice	2 each	4 each
Vanilla Bean*	¼ each	½ each

*Substitute with vanilla extract

1. Place the lemon zest, juice, sugar, and water in a pot and bring to a boil. Remove from heat the let the syrup mixture sit until the zest is translucent.
2. Remove zest and place vanilla bean (if using) in the pot. Bring pot to a boil and cook until it reaches 230 degrees F. Remove from heat and add vanilla extract (if using).
3. While still hot add all the blueberries. They should pop and their color should bleed into the syrup. Remove vanilla bean (if using) prior to serving.

For more liquid/syrup add more water or double the water and sugar.