



Blueberry Compote

K-305-01

Desserts (Sauces and Toppings)

G4G Color Code

Green

Sodium Code

Low

Time

20 - 24 min.

Yield

100 Portions

Each Portion

¼ cup (2-¼ oz)

Pan Size and Number

Nutrition Facts

Calories 57

Carbohydrates 14 g

Sugars* 10 g

Protein 0 g

Fat 0 g

Saturated Fat 0.0 g

Sodium 2 mg

Calcium 8 mg

Fiber 2.3 g

Ingredients

Item	Measure	Weight	Approx issue
WATER	2-½ cup	1 lb 5 oz	
JUICE, APPLE	1-½ qt	3 lb 3 oz	
JUICE, LEMON, BOTTLED	1 cup	9 oz	
SUGAR, WHITE, GRANULATED	1 cup	7 oz	
BLUEBERRIES, FROZEN	3-¾ gal	18 lb 6 oz	

Directions

1. In a stock pot or steam-jacketed kettle, whisk water, apple juice, lemon juice and sugar. Bring mixture to a simmer
2. Add half of the blueberries to the sugar mixture, about 1 gal + 3-½ qt (9 lb 3 oz). Bring mixture to a simmer and continue to cook for 10 to 12 minutes, stirring occasionally.
3. Add the remaining blueberries to mixture. Bring to a simmer and continue to cook for 10 to 12 minutes. CCP: Internal temperature must reach 135°F (68°C).
4. Remove blueberry compote from heat. Hold for warm service at 135°F (57°F).

Recipe Notes

1. Compotes may be served warm or chilled as a stand-alone menu item, or as a topping for ice cream and cake. Consider using fruit compote in place of canned toppings for pancakes, waffles and French toast at breakfast.
2. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.