

Chef Shane Kelly

"Just keep it real, honey!"

SAVORY BLUEBERRY SAUCE

Yield: 1 cup

We all know by now that blueberries are always in the top 3 of "super foods" listed anywhere and, for good reason because of their anti-inflammatory properties and they're high in potassium and vitamin C to name a few. When they're in season I eat about one cup a day, really. So, I've come up with a tasty savory sauce made with blueberries that is great on salmon, white fish, chicken, duck...hey, throw it on your burger! Anti-oxidants never tasted so good!

Ingredients:

1 tablespoon unrefined coconut oil
1 tablespoon extra-virgin olive oil
½ cup small diced onion
½ teaspoon minced fresh rosemary
½ teaspoon chopped fresh thyme
1 cup fresh blueberries (or frozen)
¼ cup plus one tablespoon water
1 tablespoon balsamic vinegar
¼ teaspoon sea salt
Ground pepper

Procedure:

1. In a 10-12" skillet heat oils over medium-high heat, add in onion, herbs, pinch of salt and sauté for 3 minutes. Add in blueberries, water, vinegar, salt, pepper and turn heat to high and cook for 2 minutes until blueberries soften. Mash half the blueberries with back of spoon, taste for seasoning and take off heat.

Notes:

Can be made a few hours ahead of time, just reheat it a bit before spooning over your fish or chicken...it's tasty and festive!