



Mini Finnish "Mustikkapiirakka" Blueberry Pie+Lemon Drizzle+"Mustikkamaito" Blueberry Milk

By Erin Fletter

Prep Time 27 / Cook Time 30 / Serves 4 - 6

Shopping List

☐ FRESH

☐ 1 1/2 C blueberries

☐ 1 lemon

☐ DAIRY AND EGGS

☐ 3/4 C softened butter ****(see allergy subs below)****

☐ 1 C full-fat plain Greek yogurt ****(see allergy subs below)****

☐ 2 C milk ****(see allergy subs below)****

☐ 4 eggs ****(see allergy subs below)****

☐ PANTRY

☐ 1 C all-purpose flour ****(see allergy subs below)****

☐ 1 1/4 C granulated sugar

☐ 1/2 tsp baking powder

☐ 1 tsp pure vanilla extract ****(see allergy subs below)****

☐ 1/2 C powdered sugar

☐ HAVE ON HAND

☐ 1 C ice

☐ VEGAN AND GLUTEN-FREE Mini "Mustikkapiirakka" Blueberry Pies

- ☐ 1 C blueberries
- ☐ 3 oz or 3/4 stick cold dairy-free/nut-free butter
- ☐ 1 1/4 C gluten-free/nut-free all-purpose flour
- ☐ 1/4 tsp salt
- ☐ 1/2 C granulated sugar
- ☐ 2 T vegetable oil **
- ☐ 3/4 C canned coconut milk
- ☐ 1 tsp certified gluten-free pure vanilla extract
- ☐ 1 T arrowroot powder
- ☐ 1 tsp tapioca flour
- ☐ 1/2 C water (1/4 C very cold, if possible)

Fun-Da-Mentals Kitchen Skills

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

fold: to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Mixing bowls
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Fork (to mix)
- ☐ Wooden spoon
- ☐ Small mixing bowl
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Citrus juicer (optional)
- ☐ Large mixing bowl
- ☐ Liquid measuring cup
- ☐ Blender (or pitcher + immersion blender)

Ingredients

Mini Finnish "Mustikkapiirakka" Blueberry Pies

- ☐ Pie Crust:
 - ☐ 1 C all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour or follow Vegan/Gluten-Free recipe)****
 - ☐ 3/4 C granulated sugar
 - ☐ 3/4 C softened butter ****(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance, or follow Vegan/Gluten-Free recipe)****
 - ☐ 2 eggs ****(for EGG ALLERGY follow Vegan/Gluten-Free recipe)****
 - ☐ 1/2 tsp baking powder
- ☐ Pie Custard:
 - ☐ 1 C full-fat plain Greek yogurt ****(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt or follow Vegan/Gluten-Free recipe)****
 - ☐ 1 tsp pure vanilla extract ****(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not**

imitation vanilla flavor—check label)**

☐ 2 eggs **(for EGG ALLERGY follow Vegan/Gluten-Free recipe)**

☐ 1/4 C granulated sugar

☐ 1 C blueberries

Easy Peasy Lemon Drizzle

☐ 1 lemon, zested and juiced

☐ 1/2 C powdered sugar

☐ 1 T lemon juice

"Mustikkamaito" Finnish Blueberry Milk

☐ 1/2 C blueberries

☐ 2 C milk **(for DAIRY ALLERGY sub dairy-free/nut-free milk)**

☐ 2 to 3 T granulated sugar

☐ 1 C ice

VEGAN & GLUTEN-FREE Mini Finnish "Mustikkapiirakka" Blueberry Pies

☐ Pie Crust:

☐ 1 1/4 C gluten-free/nut-free all-purpose flour

☐ 1/8 tsp salt

☐ 1 1/2 T sugar

☐ 2 T vegetable oil

☐ 3 oz or 3/4 stick cold dairy-free/nut-free butter

☐ 1/4 C very cold water

☐ Pie Custard:

☐ 3/4 C canned coconut milk

☐ 1/4 C granulated sugar

☐ 1 tsp certified gluten-free pure vanilla extract

☐ 1 pinch salt

☐ 1/4 C water

☐ 1 T arrowroot powder

☐ 1 tsp tapioca flour

☐ 1 C blueberries

Food Allergen Substitutions

Mini Finnish "Mustikkapiirakka" Blueberry Pies

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour or follow the Vegan and Gluten-Free Blueberry Pies recipe. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Dairy: Substitute dairy-free/nut-free plain yogurt or follow the Vegan and Gluten-Free Blueberry Pies recipe.

Egg: Follow the Vegan and Gluten-Free Blueberry Pies recipe.

Easy Peasy Lemon Drizzle

"Mustikkamaito" Finnish Blueberry Milk

Dairy: Substitute dairy-free/nut-free milk.

VEGAN & GLUTEN-FREE Mini Finnish "Mustikkapiirakka" Blueberry Pies

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Instructions

Mini Finnish "Mustikkapiirakka" Blueberry Pies

intro

We are making Mini Finnish "Mustikkapiirakka" Blueberry Pies! The pie's name is pronounced "moo-stee-kah-PEER-ahk-kah" For Egg, Dairy, and Gluten/Wheat Allergies, a **Vegan and Gluten-Free recipe** is available.

preheat + measure + mix

Preheat your oven to 375 F. Start by making the pie crust. Combine **3/4 cup sugar**, **3/4 cup butter**, and **2 eggs** in a large mixing bowl and mix with a fork. Next, measure and add **1 cup flour** and **1/2 teaspoon baking powder** and mix again until well combined.

press + bake

Press about 1 tablespoon of pie crust into each well of a muffin pan, spreading it out evenly. Then pop the pan into the oven for about 5 to 10 minutes until the crusts begin to get slightly golden. Remove the pan but leave the oven on.

combine + stir + fold

Now it's time to make the pie custard! In a clean mixing bowl, combine **1 cup yogurt**, **1 teaspoon vanilla extract**, **2 eggs**, and **1/4 cup sugar**. Stir everything up, and then gently fold in **1 cup of blueberries****.

spoon + bake + drizzle

Spoon about 1 tablespoon of pie custard into each mini pie crust in your muffin pan. If there is any batter left over, divide it equally among all the muffin pan wells. Bake in your preheated oven until the custard is set, about 15 to 20 minutes. When cool, drizzle some **Easy Peasy Lemon Drizzle** over the pies before serving! "Se on herkullista" (Say ohn HAIR-kul-lees-tuh) or "It's delicious" in Finnish!

Easy Peasy Lemon Drizzle

zest + combine + dissolve

Wash and zest **1 lemon** and combine lemon zest with **1/2 cup powdered sugar** in a mixing bowl. Then, add **1 tablespoon of lemon juice** and stir until powdered sugar has dissolved into the lemon juice.

adjust + drizzle

Adjust by adding more lemon juice or powdered sugar to get the perfect drizzle-able consistency! Drizzle over **Mini Finnish "Mustikkapiirakka" Blueberry Pies** before serving.

"Mustikkamaito" Finnish Blueberry Milk

intro

We're making "Mustikkamaito" Finnish Blueberry Milk, pronounced "MOO-stee-kah-MY-toe."

measure + add + blend

Measure and add **1/2 cup blueberries**, **2 cups milk**, **2 to 3 tablespoons sugar**, and **1 cup of ice** to your blender or a pitcher (for use with an immersion blender). Blend until creamy and thick. Taste and adjust flavors to your liking! "Kippis" (KIHP-pihs) or "Cheers" in Finnish!

VEGAN & GLUTEN-FREE Mini Finnish "Mustikkapiirakka" Blueberry Pies

intro

We are making Vegan and Gluten-Free Finnish Mini "Mustikkapiirakka" Blueberry Pies! The pie's name is pronounced "moo-stee-kah-PEER-ahk-kah."

preheat + measure + mix

Preheat your oven to 375 F. Start by making the pie crust. Combine **1 1/4 cups gluten and nut free flour**, **1/8 teaspoon salt**, and **1 1/2 tablespoons sugar** in a large mixing bowl. Measure and add **2 tablespoons of oil** to the bowl, then mix with a fork.

chop + mix

Chop up **3 ounces of cold, dairy free butter** into little pieces and add to the mixing bowl. Mix again with a fork. There should be little chunks of "butter" left in the flour mixture—it makes the crust flaky!

add + mix

Add the **1/4 cup of cold water** a little at a time, mixing into the dough after each addition until you get the consistency of pie dough. You may not need to use all the water.

press + bake

Press about 1 tablespoon of pie crust into each well of a muffin pan, spreading it out evenly. Then pop the pan into the oven for about 2 minutes until the crusts begin to get slightly golden. Remove the pan but leave the oven on.

shake + combine + measure + add

Now it's time to make the pie custard! First, either shake the coconut milk can or whisk to combine the coconut cream at the top with the milk—you want both for this custard! Next, to a clean mixing bowl, measure and add **3/4 cup coconut milk**, **1/4 cup sugar**, **1 teaspoon vanilla**, and **1 pinch of salt**.

whisk + thicken + fold

In a separate bowl, whisk **1/4 cup of water** with **1 tablespoon arrowroot powder** and **1 teaspoon tapioca powder**. This mixture is called a "slurry!" It will help thicken the custard. Add the slurry to the coconut milk bowl and mix. Then gently fold in 1 cup of **blueberries**.

spoon + bake + drizzle

Spoon about 1 tablespoon of the pie custard into each mini pie crust in your muffin pan. If there is any batter left over, divide it equally among all the muffin pan wells. Bake in your preheated oven until the custard is set, about 15 to 20 minutes. Drizzle some **Easy Peasy Lemon Drizzle** over the pies before serving! "Se on herkullista" (Say ohn HAIK-kul-lees-tuh) or "It's delicious" in Finnish!

Featured Ingredient: Blueberries!

Hi! I'm Blueberry!

"Have you heard the saying, "as American as apple pie?" Well, with no offense to the apple—which is certainly a fine fruit—we blueberries think that classic saying should read, "as American as blueberry pie." Blueberries are one of the few fruits native to North America, and apples aren't (unless you count Pacific crabapples). And don't worry about our powdery coating. It's called epicuticular wax (but you can call it

"bloom"), and it protects our skin. I guess you could say we bloom where we're planted!"

History

Blueberries are a genuinely natural blue food due to a pigment called anthocyanin. Native Americans used blueberries to make dye for textiles and baskets, and colonists made paint out of blueberries by boiling them in milk.

Blueberries have impacted the culture, cuisine, and even survival of Americans for centuries. From the times of the earliest indigenous people to the present day, blueberries have been a valued food staple. They've provided enjoyment during times of abundance and have held starvation at bay during times of scarcity.

In the 1860s, blueberries were gathered, packaged, and sent to Union troops during the Civil War.

The Shakers made the traditional blue paint used in their homes from blueberry skins, sage blossoms, indigo, and milk.

American poet, Robert Frost, wrote a poem called "Blueberries" that may have been inspired by his youth picking or eating blueberries.

Maine is the leading wild blueberry producer in the United States, and Oregon produces the most cultivated blueberries.

How official are blueberries? Consider these official state foods: Maine's state fruit is the wild blueberry, and their state dessert is Maine blueberry pie; Minnesota's state muffin is the blueberry muffin; New Jersey's state fruit is the Northern highbush blueberry; and North Carolinas' state berry is the blueberry. July is National Blueberry Month because it is the peak of the harvest season.

Anatomy

Blueberry plants are woody shrubs. There are lowbush (or wild) and highbush (or cultivated) varieties. Canada grows the most lowbush blueberries in the world, and the United States produces about 40 percent of the highbush variety.

Native Americans once called blueberries "star berries" because the five points of blueberry blossoms make a star shape.

Blueberry plants can be grown in a large container (at least 2 feet deep and wide) if grown in acidic soil with good drainage. Plant them in the Spring and put the container in a sunny spot. They do not produce berries in the first year. It may take about five years for a full harvest.

How to Pick, Buy, & Eat

Blueberries turn from reddish-purple to a deep blue when they are ripe. Choose berries that are blue, plump, dry, and somewhat firm. Avoid blueberries that are white or green as they are far from mature. If there are stains on the container, some of the berries may be bruised. They may have a light dusting of grayish powder (or bloom) on their skin, which is normal.

Do not wash your blueberries before freezing, storing, or eating them. However, you will want to sort through the berries and remove any that are wrinkled or covered in a white fuzzy mold, so they do not

spoil the rest. Refrigerate your blueberries with good air circulation and plan to eat them within a week if possible.

If you stir some fresh blueberries into your muffin batter, you will have the most popular muffin flavor in the United States. They are also delicious in salads and breakfast cereal, especially oatmeal, juice, pies, jams and jellies, sauces, and syrup. Dried blueberries are also good in cereals and batters.

North American indigenous people used blueberries to make "pemmican," a high-energy food consisting of dried meat, often game meat, dried berries, and tallow (rendered animal fat). They would pack it for sustenance on long journeys. European fur traders and explorers adopted it for their travels. Pemmican is still eaten today.

Blueberries have been valued as a highly nutritional food and for their medicinal properties and even for non-food uses such as making paints and dyes.

Nutrition

Blueberries contain more antioxidants than most other fruits or vegetables and may help prevent damage caused by cancer, heart disease, and Alzheimer's. In addition, the anthocyanin present in blueberries is good for eyesight.

Blueberries are a great source of many essential nutrients such as vitamin C, manganese, potassium, iron, and many others.

The calories in blueberries amount to only 80 per cup.

Blueberry juice had medicinal value for Native Americans and was used to treat persistent coughs and other illnesses.