



TASTING TABLE

Recipe to accompany the article available at <http://TastingTable.com>.

Blueberries-and-Cream Pops

Recipe adapted from People's Pops

Makes about 40 popsicles

3 cups water
3 cups sugar
4 bags of black tea
8 pints fresh blueberries, washed in cold water
4 tablespoons fresh lemon juice
1 cup organic heavy cream
Popsicles molds or paper cups
Popsicle sticks

1. *Make the tea-infused simple syrup: In a saucepan, bring the water and sugar to a boil and stir until the sugar dissolves. Add the tea bags, remove from the heat and let steep for 4 minutes. Remove the tea bags and discard; let the syrup cool to room temperature.*
2. *Puree the blueberries in a blender and immediately stir in the tea-infused syrup and lemon juice. (The mixture will be very sweet, which will later be tempered by freezing.) Stir in the heavy cream and pour the mixture into molds or paper cups that have been outfitted with popsicle sticks. Freeze overnight, remove from the molds and serve.*