



THE ingles TABLE

with Susan Murry
Blueberry Compote for French Toast

Shopping List

- 1 CUP SUGAR
- 2/3 CUP WATER
- 1-2 tblsp balsamic vinegar
- ¼ tsp ground thyme
- 3 tbsp cornstarch
- 3 CUPS BLUEBERRIES

Cooking Instructions

- 1)** MIX TOGETHER IN A SAUCEPAN AND BRING TO A BOIL.
- 2)** IN A SMALL BOWL MIX TOGETHER 1-2 TBSP BALSAMIC VINEGAR AND 3 TBS CORNSTARCH TO A PASTE. STIR INTO THE BLUEBERRIES AND BOIL UNTIL THICK.
- 3)** STIR IN ½ TSP GROUND THYME. ADD SALT AND PEPPER TO TASTE.

NOTE: BECAUSE THE BLUEBERRIES TEND TO BREAKDOWN WHEN COOKED I ADD ABOUT A CUP MORE OF FRESH BLUEBERRIES TO THE SAUCE JUST BEFORE SERVING .



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