

# Finnish Blueberry Soup with Cream

A quick and easy to make very berry dessert from the North

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## INGREDIENTS

(makes 2 portions)

- 300g fresh or frozen blueberries
- 200ml cold water
- 10-20g sugar
- 5tsp cornstarch
  
- 100g quark or yogurt
- 100g whipping cream
- 10-20g sugar
- 1tsp vanilla paste



## DIRECTIONS

1. Add the blueberries, the sugar and the cold water to a small pot. Heat over medium heat until the blueberries have defrosted (if using frozen) or just bring to boil (if using fresh). Allow to simmer for about 5 minutes.
2. Mix cornstarch with some cold water just so that it becomes runny.
3. Remove the pot from heat, add in the cornstarch slowly while mixing continuously. Return back to heat and allow to come to boil. Once the blueberry soup has come to boil remove it from heat and transfer into serving plates. Leave the blueberry soup to cool in room temperature and then store in the fridge until serving.
4. To make the cream topping, mix quark with sugar and vanilla paste. Whip the cream until stiff and add to the quark folding in until combined.
5. Serve the cold blueberry soup with some cream on top.