

Food to rock and roll

If you believe in Shakespeare, then music is the food of love. But how about the other way round? One thing's for sure: Whilst the combination of food and music isn't as obvious as the food and love combo, there are lots of connections between the two. Since not everyone is a rock star and can live on coffee, booze, or drugs alone, there has to be something more satisfying for the body as well as the mind. Not to mention that for the ones without groupies on every corner, a delicious meal might be an indulgence more readily available.

However, if you happen to combine all three ingredients, you can create a memorable experience – or a truly memorable rock song: Imagine two lovers, meeting up in the middle of the night, feeling the ultimate freedom out of doors, lying in the grass, feeding each other with ruby red raspberries or glossy dark blackberries while – well, you get the picture. One song that describes this scenario in perfection is “Blueberry Hill” – most famous in the version of Fats Domino, released in 1956.

“I found my thrill
On Blueberry Hill
When I found you
The Moon stood still
On Blueberry Hill...”

The lyrics might not be the most sophisticated ones you've ever heard of but

truth be told, sometimes there's no need for many words, right? In any case, Fats Domino's song was a huge hit and turned him into the most successful Black-American singer of the 1950ies and early 1960ies. "Blueberry Hill" even made it into the Rock and Roll Hall of Fame.

However, winter's coming along in Sydney and there's no thought about rolling on the ground in berry-stained clothes anymore. But thanks to the frozen food section in your local supermarket, you can still have your cake and eat it, too: Grab a package of frozen blueberries and recreate your own Blueberry Hill experience of the past summer. In his song, Fats Domino even offers some compassion for the broken-hearted – so add some lemon juice for a little zing and think of all the love affairs that died with the summer:

"But all of those vows you made
Were never to be
Though we're apart
You're part of me still
For you were my thrill
On Blueberry Hill"

Blueberry Passion (Chocolate Ice Cream with hot blueberry sauce)

The ingredients

2 tbsp caster sugar
150g frozen blueberries
½ cup/125ml red wine
2 tsp cornstarch

½ tsp cinnamon
Juice of half a lemon
Good quality chocolate ice cream (or vanilla
or yogurt ice cream)

1

Put the caster sugar into a small pot over medium heat. There is no need to stir at this point. Watch closely as the sugar melts – you don't want it to burn. This is easiest if using a stainless steel pot instead of a black non-stick pot.

2

When the sugar has turned into a golden-brown caramel, pour in the red wine, reserving three tablespoons of it. Be careful, the hot caramel will splash. Let the mixture boil for a couple of minutes to loosen the caramel.

3

While the caramel turns liquid again, whisk the cornstarch into the remaining red wine until there are no lumps left. Pour the cornstarch mixture into the red wine, stirring constantly.

4

When the mixture starts to thicken let it cook for at least one minute to get rid of any starchy taste. Add the cinnamon and the frozen berries. Let cook until the berries are starting to burst. You don't want it to turn mushy.

5

Pour in the lemon juice and check the sweetness. Add a little more sugar if desired.

6

Let the blueberry sauce cool down a bit and serve with your favourite ice cream. It's also great swirled through natural yogurt or as an accompaniment to cheesecake, mousse, French toast or pancakes.

Note: If possible, try this recipe next summer with fresh forest blueberries. The difference in taste is just as big as the difference between a passionate and a half-dead love affair.