



December 2001 – Cranberries

These pretty little red berries are native to North America and Europe. I have had the opportunity to pick these tasty little berries in a friend's back garden that stretches out over a marshy area. There is this thick blanket of moss which you can walk on, with the cranberry plants creeping through the moss and standing about 6" high. On the wild plants the berries are small, and take a long time to pick, but the flavour is awesome.

The Latin name is *Vaccinium* and this is derived from *vacca*, meaning cow, because cows really like these berries, the common name being cowberry.

Sauces made from the cranberry go well with all meats particularly game. They also make excellent jellies and preserves.

The American Indian enjoyed the berry because of its preserving qualities and used it to help preserve a dried meat product called Pemmican. This preservation quality comes from large amounts of benzoic acid, which helps the berry keep for months.

Cranberry cheesecake

Cranberry purée

2c Cranberries

2/3c sugar

2/3c orange juice

2T orange-zest

1/2t cinnamon

-combine all the ingredients in a saucepan, simmer over a medium heat for 5-10mins until the mixture thickens, then puree. Strain, then refrigerate for 6 hours or over night.

Crust

2 3/4c graham cracker crumbs

2T sugar

1t cinnamon

1/2c (1 stick) unsalted butter, melted

mix together and press in to a 10" spring form pan, bringing the crumbs up the sides of the pan.

Chill.

Cheesecake

4 X8-ounce packages cream cheese,

beat cream cheese til smooth,

1c sugar

add sugar and beat.

4 eggs

beat eggs in one at a time

1c sour cream

1/2c whipping cream

1T vanilla

Mix in remaining ingredients. Pour a third the batter on to crust, top with third cranberry purée, then repeat the layers 2 more times. Using a knife swirl the purée and batter to create a marbled design.

Bake @ 350* for about 1 hour. Then turn off oven and leave the cake in the oven for 1 more hour.

Remove and cool. Cover and chill over night.

Crantini

Cranberry Syrup

1 1/2c cranberries

1/2c sugar

1/4c water

simmer covered until the berries have burst, about 10mins. Strain the mix, pressing hard on the solids, then return the mix to the pan.

1 1/2T lemon juice

add and simmer uncovered until slightly thickened, 5-10mins.

Remove from heat and cool.

Martini

2 or 2 1/2 oz Vodka-try the Currant Absolute Vodka

1/4 or 1/2 oz Cranberry Syrup

3 or 4 ice cubes

Combine all ingredients, in a mixing glass and stir. Strain into a well-chilled cocktail glass.

Add a twist of lemon peel

Cranberry walnut pie

1 1/2c brown sugar-packed

2 eggs

1 tsp vanilla

whisk together

1/4c whipping cream

3T Butter-melted

3/4 tsp cinnamon

add to the brown sugar mix and whisk together.

1 1/2c walnuts-chopped

2 1/2c fresh cranberries-roughly chopped

stir in the nuts and fruit, then pour in to a pastry crust and bake 45mins @ 375*

remove from oven and cool completely.

Cranberry upside down cake

2T butter-soft

1c light brown sugar-packed

mix together and spread I to the bottom of a prepared 9" cake pan.

2 1/2c cranberries-spread over butter mix

set aside

1 1/2c flour

2 1/2t BP

sift together

1/2c butter-beat til soft and creamy

3/4c sugar- while beating the butter, slowly add the sugar.

scrape down the sides and continue beating til light and fluffy.

2 eggs

beat in one at a time.

1/3c Orange juice

1/2t Vanilla

1T Orange zest

stir in

1/3c Milk

fold in half the flour mix, then the milk and finish with the remaining flour mix.

spoon the batter over the berries and bake 50-55mins @ 350*.

remove from oven and turn the cake upside down on to a plate right away.

serve warm!

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