

## **Cranberries for Breakfast, Lunch, Dinner & Anytime in Between**

### **Cranberry preparation tips**

#### Purchasing cranberry products

- Frozen cranberries, cranberry sauce and cranberry juice can all be found in major supermarkets around Australia.

#### Always remember to

- Cook frozen cranberries just until they pop. Longer cooking brings out their bitterness and makes them mushy.
- Do not use aluminium cookware when cooking cranberries as the berries' acid reacts with aluminium and causes it to discolour. Use stainless steel, glass or porcelain.
- Eliminate foaming and over boiling when cooking frozen cranberries by adding one teaspoon of butter.

#### Preparing cranberries

- Chop cranberries in a food processor, using quick on/off pulses, to save time.
- Add a little salt or ¼ teaspoon baking soda or baking powder to cranberry sauce when cooking to reduce the amount of sugar needed and bring out the cranberry flavour.
- Soak dried cranberries in warm water, orange juice or a liqueur such as Grand Marnier or brandy for 20 to 30 minutes for plumper berries as a substitute for recipes that call for frozen or fresh cranberries.
- For baked goods, chop frozen cranberries and toss them with sugar before stirring into the batter to improve sweetening.

### **Cranberry cooking suggestions**

#### **Breakfast**

- Mix ½ - 1 cup of chopped frozen cranberries and 1-3 teaspoons of orange or lemon zest into a small batch of pancakes, waffles, muffins or breads.
- Spread cranberry sauce over toast.
- Cook chopped frozen or dried cranberries with your porridge.
- Add 1 cup of frozen cranberries or cranberry juice to a smoothie.
- Stir cranberry sauce into plain yoghurt.

### Dessert

- Add 1 cup of dried or frozen cranberries (chopped) to a small batch of cookies or pies.
- Pour hot cranberry sauce over ice cream.
- Stir dried cranberries into softened ice cream or sprinkle over the top of ice cream.
- Stuff baked apples with dried cranberries, sugar and cinnamon.

### Meals

- Toss dried cranberries, blue cheese and toasted nuts onto a salad. Then, use cranberry juice to make salad dressing, whisking it with oil, apple cider vinegar and salt and pepper to taste.
- Serve cranberry sauce with meat, turkey or ham.

### Side Dishes

- Add frozen cranberries to chutneys during preparation.
- Make cranberry relish by mixing chopped frozen cranberries, unpeeled oranges and sugar.
- Combine chopped frozen cranberries or pre-soaked dried cranberries with chopped nuts and lemon or orange zest. Add the mixture to rice, couscous or vegetables.

### Fun flavour combinations with cranberries

<b>Upscale</b>	Cherry	Port	Cinnamon
<b>Warming</b>	Apple	Cinnamon	Brandy
<b>Cooling</b>	Pear	Honey	Yoghurt
<b>Powerful</b>	Onion	Garlic	Orange
<b>Comforting</b>	Orange	Cinnamon	All Spice
<b>Rich</b>	Chocolate	Sherry	Hazelnuts
<b>Decadence</b>	White Chocolate	Orange	Orange Peel
<b>French Country</b>	Pear	Gorgonzola/ Blue Cheese	Tarragon
<b>Spicy</b>	Ginger	Pear	Nutmeg
<b>Crunchy</b>	Almond	Green Vegetables	Lemon Peel

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