



**CRANBERRY  
INSTITUTE**



Cranberry Institute are proudly supporting Girls Night In 2009

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## Get the girls together for a good cause and cranbelicious night of entertaining

The Cranberry Institute is proudly supporting Cancer Council's Girls Night In in 2009. Girls Night In is a great excuse for you to catch up with girlfriends for a night of delicious food and drinks and help raise money to support women's cancer research at the same time.

Nutritious food doesn't have to taste bad! So get busy in the kitchen and spoil your friends with the following spread of cranberry-inspired canapés and sweet indulgences for your Girls Night In party this October. And what would the night be without a refreshing mocktail or two – our Bellini recipe below is sure to impress the girls!

Cranberries could be considered a girl's best friend – they are not only high in antioxidants, which are important for good health and glowing skin, but they may also help prevent against nasties like recurring urinary tract infections (UTIs). And with their fun bright red colour, cranberries will also give your snacks the ultimate girlie hue – pink!

Check out [www.cranberries.com.au](http://www.cranberries.com.au) for more delicious recipe ideas and information on cranberries' health benefits, or [www.girlsnightin.com.au](http://www.girlsnightin.com.au) for more information on the Girls Night In initiative and to register.

### ***Chicken and vegetable rice paper rolls***

12 x 16cm	Round or square rice paper sheets
1½ tablespoons	Cranberry sauce
24	Mint leaves
36	Coriander leaves
1 cup (115g)	Coarsely grated carrot
1 cup (140g)	Chopped barbecued chicken (Skin and fat removed)
½	Large avocado, chopped
1 cup (35g)	Alfalfa sprouts
1	Green onion, finely chopped



Soak half the rice paper sheets in a large bowl of warm water for 1 minute or until just softened. Remove and lay out on a clean, dry tea towel.

Brush the sheets with half the cranberry sauce, to within 2cm of the edge. Top each one in a horizontal line, close to you, with half the mint, coriander, carrot, chicken, avocado, sprouts and onion.

Fold the sheet firmly over the filling to enclose it, then continue rolling up firmly, folding in the sides as you roll. Repeat with the remaining sheets and filling.

**Tip:** Rice paper rolls are best assembled no longer than 1 hour before serving as the moist sheets dry out and the filling softens, however, individual chicken, herb and vegetable ingredients can be pre-prepared.

## ***Risotto spoons with scallops, cranberries, parsley, lemon zest & chilli***

60g	Vialone nano rice
1 teaspoon	Shallot, chopped
1 teaspoon	Celery, chopped
¼	Clove of garlic, chopped
½ L	Vegetable stock
2 tablespoons	Dry vermouth
6	Scallops finely chopped
1 tablespoon	Dried cranberries, reconstituted in a little boiling water
1 tablespoon	Flat leaf parsley, finely chopped
	Zest of ½ a lemon, finely grated
	Very small pinch of dried chilli
	Squeeze of lemon juice
½ Tbsp	Unsalted butter
1 tsp	Grated Parmesan
Sea salt	
Freshly ground black pepper	



Heat a large saucepan until hot and add ½ tablespoon of butter. Add the shallots, celery and garlic and cook, stirring constantly until soft. Add the rice and cooking for a further 30 seconds. Add the vermouth and cook until it has evaporated. Start adding the chicken stock slowly, stirring constantly at all times. After 15 minutes, add the cranberries, chilli, lemon zest and scallops and stir to combine. Cook for a further 5 minutes and stir in the butter, Parmesan and parsley. Season with sea salt and freshly ground black pepper to serve. Serves 12

## ***Cranberry Cup Cakes***

1	¼ cups fresh or frozen cranberries
2 tablespoons	Caster sugar
2 tablespoons	Lemon juice
1 tablespoon	Water
125g	Butter
¾ cup	Caster sugar
2	Eggs, beaten



2 cups                      Self raising flour, sifted  
½ cup                        Milk  
pinch                         Salt

Icing:  
1 ½ cups                    Icing sugar, sifted  
2 tablespoons             Butter

Place cranberries, caster sugar, lemon juice and water in a small saucepan. Cook for about 5 minutes over a moderate heat until berries 'burst' and are softened. Crush berries using the back of a spoon until a thick puree. Cool. Remove 2 tablespoons and push through a sieve. Set aside for icing.

Preheat oven to 180deg C and line a large muffin tray or two small muffin trays with patty cases. Cream butter and caster sugar until pale. Add beaten eggs and cooled cranberry mixture. Stir in sifted flour, salt and milk. Spoon mixture into paper cases and bake for about 20 minutes or until golden (12-15 minutes if using smaller muffin size). Cool on a wire rack

Icing: Place butter, reserved strained cranberry puree in a bowl. Beat in icing sugar gradually until thick and smooth. Use to decorate cup cakes.

### ***Dark chocolate mousse with cranberries & lime***

300g                      Good quality chocolate (should contain 60/ 70 % cocoa fat)  
2                            Eggs  
500ml                    Double cream  
50ml                      Dark rum  
4 tablespoons        Dried cranberries, chopped  
Zest, juice              2 limes



Melt the chocolate in a bowl over simmering water, being careful not to over heat. Whisk the eggs in a bowl over boiling water for a few minutes until light and fluffy. In a small bowl, lightly whisk the cream. In a separate bowl, quickly whisk the chocolate into the eggs, and add the rum, lime juice, zest & chopped cranberries. Stir to combine and then fold in the cream. Pour into individual ramekins and place in the refrigerator.

Refrigerate until set and serve. Serves 6

### ***Green apple and cranberry Bellini***

30ml cranberry juice  
100ml Soda water or Appletiser  
1 Tbsp Green apple sorbet  
**Garnish:** Green apple cheek

Blend sorbet and cranberry juice, pour into a flute and top with soda water or Appletiser.



**\*Note to the editors:** All cranberry products listed above can be found in major supermarkets around Australia.