

HARVEST of the MONTH at home

Cranberry "Sassamanesh" Chutney



INGREDIENTS

- 1.5 cups cranberries
- 6 apples, firm, cored
- 1 sweet onion, sliced
- 1/2 cup golden raisins
- 1 tablespoons ground ginger
- 3/4 cup mint leaves, fine chopped
- 1 ounce chili peppers
- 2 cups apple cider vinegar
- 1 tablespoons salt
- 8 oz. dark brown sugar
- 1 TB flour dissolved in 2 TB water

DIRECTIONS

You will need a heavy stainless steel pot.

1. Combine all ingredients except the cranberries and flour mixture.
 2. Cook apples, onions, raisins, ginger, mint, chili pepper, vinegar, salt and brown sugar over very low heat for about a half hour.
 3. Add the cranberries and flour/water mixture and simmer 5-10 minutes to allow berries to pop and chutney to thicken.
- This will yield about 4 pints. Allow the mixture to blend and thicken overnight. *Pack your chutney into jelly jars.

Source: www.indiancountrytoday.com

HARVEST of the MONTH at home

Salad w. Cranberry Vinaigrette



INGREDIENTS

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| Vinaigrette | Salad |
| <ul style="list-style-type: none">• 2 tsp minced shallots• 2 tb cranberry juice cocktail• 1 tb apple cider vinegar• 1 tb balsamic vinegar• 1/4 cup extra-virgin olive oil• salt and pepper (to taste) | <ul style="list-style-type: none">• 1/4 cup walnut pieces, lightly toasted• 1 head Belgian endive, yellow tipped, cored and cut into narrow strips• 1 bunch watercress, washed• 2 cups mesclun greens, washed• 1/2 cup red onion, sliced in lengths• 1/4 cup sweetened dried cranberries |

DIRECTIONS

Vinaigrette

In small bowl whisk together the olive oil, cranberry juice cocktail, vinegars, shallots. Salt and pepper to taste.

Salad

In small dry frying pan, over medium heat, toast the walnuts, until brown and aromatic. Transfer to small bowl and set aside. Divide the mesclun greens among four individual salad plates. Top with cut endive, onion, and watercress. Add toasted walnut pieces and sweetened dried cranberries. Top with 2 tablespoons of vinaigrette.

Source: www.cranberries.org

HARVEST of the MONTH at home

Cranberry Nasamp



INGREDIENTS

- 2 handfuls of corn meal
- Water (enough to cover corn meal)
- Cranberries (dried, fresh or frozen, as much as you want)
- Maple syrup, chopped walnuts or hazelnuts, sunflower seeds (optional)

DIRECTIONS

1. Put the cornmeal in a pot, cover with water and simmer until the porridge is thick and creamy.
2. If you're using fresh or frozen berries, put them in at the start. If you're using dried, add them at the end.
3. Add maple syrup, nuts and seeds to taste.

Source: www.manyhoops.com

HARVEST of the MONTH at home

Cranberry Corn Muffins



INGREDIENTS

- 1 cup of all-purpose flour
- 2 Cups of yellow cornmeal
- 3/4 Cup of sugar
- 1 1/2 tablespoons of baking powder
- 1 large egg, beaten well
- 3/4 cup of milk
- 1/3 cup of extra-virgin olive oil
- 1 cup of fresh or frozen cranberries, coarsely chopped (pulse in food processor a few times)

DIRECTIONS

1. Preheat oven to 425 degrees
2. Line a 12 cup muffin pan with cupcake liners or grease the bottom and sides well.
3. In a large bowl combine the dry ingredients and whisk well.
4. In a medium sized bowl add the egg, milk, and olive oil and whisk until foamy.
5. Add this to the large bowl and mix until just moistened. Fold into the cranberries and spoon the batter into the prepared cupcake pan.
6. Bake for 15-20 minutes or until a toothpick inserted in the center comes out clean.

Source: *Rubies in the Sand: Recipes from the Cape Cod Cranberry Bags*