



In the Kitchen

with Barb Agee ~ December 2013

Craving Cranberries

The Pilgrims gave the cranberry its modern name. The pink flower of this berry resembled the heads of cranes therefore the name "crane berry". Cranberries are sometimes called the 5 season fruit for Spring, Summer, Fall, Winter *and* Holidays. A Christmas turkey pairs well with cranberry sauce, the tart fruit contrasting beautifully with the juicy meat. Add cranberries to smoothies, salads, baked goods, meat sauces and main course dishes for year round enjoyment of this jewel of a berry.

Cranberry-Mango-Citrus Relish

4 cups (approximately 12 ounces) fresh cranberries	1 ripe mango, chopped
½ cup brown sugar	¾ cup red onion, finely chopped
2 teaspoons grated orange peel plus ¼ cup orange juice	½ teaspoon hot pepper sauce
2 teaspoons grated lemon peel plus ¼ cup lemon juice	½ cup granulated sugar
2 teaspoons grated lime peel plus juice of 1 lime	

In a heavy skillet, cook the cranberries, brown sugar, granulated sugar, orange juice and lemon juice over medium heat, stirring until the mixture begins to thicken and cranberries start to split, about 10 minutes. Lower heat, add the mango, red onion, lime juice and hot sauce; simmer, stirring occasionally for 3 to 5 minutes. Let cool for

1 hour; then stir in citrus peels. *Makes about 5 cups*

Cranberry-Hoisin Chicken and Rice

2 tablespoons canola oil	2 cups (14 ounces) uncooked jasmine rice
8 chicken thighs, 3 pounds	½ cup hoisin sauce
Kosher salt	1 cup white dry wine
Fresh ground pepper	1 cup fresh cranberries**
2 bunches scallions, thinly sliced and divided	3 cups chicken broth
4 cloves garlic, minced	

Preheat oven to 375°F. Place large Dutch oven with a tight-fitting lid over medium high heat. Add oil; swirl to coat bottom. When hot, add chicken, in batches if necessary. Season with salt and pepper; sauté on all sides until golden, about 8 minutes. Transfer to plate and set aside.

Add ½ of the scallions and garlic; sauté, stirring for 1 minute. Add rice; sauté, stirring for 2 minutes. Add wine; simmer until liquid is three quarters reduced, about 2 minutes. Add hoisin sauce and stir. Add cranberries and broth; season with salt and pepper to taste. Return chicken to casserole; bring to a simmer. Cover; transfer to over. Cook until chicken is tender and rice is cooked, 20 to 30 minutes. Let rest 10 minutes before serving. Sprinkle top of casserole with remaining scallions just before serving. *Serves 8*

** May use frozen cranberries, thawed

Cranberry Turkey Enchiladas

2½ cups shredded cooked turkey
2 cups cranberry relish
One 16 ounce can black beans, rinsed and drained
1½ cups salsa
2 cups Colby and Monterey Jack cheese, shredded
¼ cup sour cream
3 green onions, sliced

¼ cup fresh cilantro, snipped
1 teaspoon cumin
½ teaspoon salt
½ teaspoon ground black pepper
Eight 7 to 8-inch whole wheat or regular flour tortillas
1 teaspoon hot pepper sauce

Preheat oven to 350°F. Lightly coat a 3 quart rectangular baking dish with cooking spray; set aside.

Heat a skillet over medium high heat, add salsa and simmer until excess liquid evaporates. Add cranberry sauce; stir together. Remove from heat and divide the sauce equally into two small bowls.

For filling, in a large bowl stir together turkey, half of the cranberry-salsa sauce, beans, 1 cup cheese, sour cream, green onions, cilantro, cumin, salt and pepper. Spoon about ⅔ cup filling on each tortilla. Roll up tortillas around the filling. Place seam sides down in prepared dish; set aside.

For topping sauce, in a bowl stir together cranberry-salsa sauce and hot pepper sauce. Spoon over filled tortillas. Cover with foil and bake for 30 minutes. Uncover and top with remaining cheese; bake 10 minutes more or until heated through and cheese has melted. Sprinkle with additional cilantro and green onions. Serve with sour cream.

Makes 8 servings



Cranberry-Spice Olive Oil Tart

1½ cup all-purpose flour
¾ teaspoon cinnamon
¾ teaspoon kosher salt
½ teaspoon ground cardamom
1 teaspoon baking powder
½ teaspoon baking soda
2 cups fresh cranberries or frozen, thawed
¾ cup granulated sugar
¾ cup brown sugar
½ cup olive oil**

2 large eggs
½ cup sour cream
1 teaspoon vanilla
¼ cup fresh orange juice
¼ cup white balsamic vinegar
1 cup coarsely chopped walnuts

For the Glaze:

1 cup powdered sugar, sifted
3 tablespoons fresh orange juice

Preheat oven to 350°F. Coat bottom and sides of an 11-inch tart pan with non-stick spray.

Whisk flour, cinnamon, salt, cardamom, baking powder and baking soda in a medium bowl; set aside. Pulse cranberries in a food processor until finely chopped but not pureed; set aside.

In a large mixing bowl blend together granulated sugar, brown sugar and olive oil. Add eggs one at a time, beating after each addition. Beat in sour cream and vanilla.

Mix vinegar and orange juice together. Stir dry ingredients into the sugar mixture in 3 additions alternating with the orange juice and vinegar until well blended. Fold in cranberries and chopped nuts. Pour batter into prepared pan; smooth top. (Fill only to a ¼-inch from top of tart pan—may have excess batter which can be baked in a small oven proof dish.)

Bake at 40 to 45 minutes, until tooth pick comes out clean. Transfer pan to wire rack and let cool in pan for 15 minutes. Run knife around inside of pan to release torte and remove side ring. Cool 30 more minutes; turn upside down on a serving plate and remove bottom pan.

Whisk powdered sugar and orange juice in a small bowl--may need add small amount of water to thin glaze for spreading consistency. Spread glaze over warm cake, allowing glaze to drip down the sides. Let torte stand until glaze is set before serving.

**May substitute ¼ cup Blood Orange Olive Oil or Meyer Lemon Olive Oil

