



Cranberry Season

By Monique Wilber

UCCE El Dorado County Master Food Preserver

Now is the time to stock up on cranberry deliciousness while fresh cranberries are in our stores.

These recipes feature fresh cranberries used in unique ways. Cranberry Jalapeno Salsa is sweet and spicy. Serve as you would salsa, with chips, or over cream cheese with crackers, or serve as a side for your holiday turkey or tofurkey. Cranberry-Pomegranate Relish is refreshingly tangy. It can accompany your savory dish, pumpkin pie, or serve with yogurt or ice cream. Make either recipe up to three days ahead. Refrigerate to store. Use within one week.

Cranberry Jalapeno Salsa

12 ounces fresh cranberries (about 3 cups)

4-5 green onions, chopped

1/4 cup chopped fresh cilantro

1 jalapeno pepper, seeded and finely diced (or 2 if you want it hot!)

3/4 cup sugar, granulated Stevia in the Raw or Truvia, or Splenda granulated

1/2 teaspoon cumin

2 Tablespoons lime juice

1 Tablespoon olive oil

1/8 teaspoon salt

Pulse the cranberries in a food processor or blender until coarsely chopped (alternately, you can do this task by hand). Add the green onions, cilantro, jalapeno, sugar, cumin, lime juice, olive oil, and salt and pulse until the ingredients are well combined and finely chopped. Transfer the mixture to a covered bowl and refrigerate for 4 hours (or up to overnight) so the flavors have time to develop and the cranberries lose a bit of their tartness.

Source: adapted from Mel's Kitchen Café and Kayln's Kitchen

Cranberry-Pomegranate Relish

12 ounces fresh cranberries (about 3 cups)

½ cup sugar, granulated Stevia in the Raw or Truvia, or Splenda granulated

1 cup orange juice

Peel of 1 large orange, cut into thin slivers (no white pith)

2 Tablespoons fresh rosemary leaves

Segments from 1 large orange, cut into ½ - inch pieces

2/3 cup pomegranate seeds

Combine cranberries, sugar, orange juice, and orange peel in a large saucepan. Stir over medium-high heat and bring to a boil. Reduce heat to medium; simmer until berries begin to burst. Turn heat to medium-low and cook another 10 minutes, stirring often. Mince rosemary leaves; then stir into sauce with orange segments and pomegranate seeds. Transfer to a small serving bowl. Cover and chill. Makes about 3 cups.

Source: Delicious Living

MFPs' public classes have ended for the season; but if you are interested in becoming a Master Food Preserver yourself, and educating others about safe home food preservation, please contact us. Our MFP training classes generally begin in February and end in May. Our regular free to the public information classes will resume in July – and be sure to come visit us at the El Dorado County Fair in mid-June, as well!

Master Food Preservers are available to answer home food preservation questions; leave a message at (530) 621-5506. For more information about the public education classes and activities, go to the Master Food Preserver website at http://ceeldorado.ucdavis.edu/Master_Food_Preservers/. Sign up to receive our Master Food Preservers E-Newsletter at <http://ucanr.org/mfpnews/>. Find us on facebook too!