

Great Lakes® Wild Cranberry Recipes



For this issue I felt a little bit like the IRON CHEF on TV waiting with the challenger for the announcement of the shows secret ingredient to work their wonders with.

While searching my thoughts for something different to present to you I was given a challenge to come up with some recipes with an unusual fruit The CRANBERRY.

Firstly, some background information.

The Cranberry has been part of North America for thousands of years – long before the first Europeans established settlement. The Native Americans used the Cranberries for a variety of purposes, for food, medicinal uses and dyes.

The Cranberry is one of only three major fruits native to North America. When the pilgrims arrived the Native Americans were calling the fruit “sassamanash” but the Europeans came up with the name Cranberry because the light pink, pointed cranberry blossom looked like the head and bill of the crane.

Juicy, with a sharp, tart taste Cranberries blend well with other sweeter fruits like apples and pears, as well as with spicy and savoury ingredients. They are rich in vitamin C, potassium and citric acid, which give them their characteristic tart flavour.

For the challenge I originally selected three dishes to prepare but ended up with four, just so I could use up the leftovers.

The first dish is a variation on the “Bakewell tart” I called it the Canadian apple and cranberry Bakewell tart. “Canadian”, because I used maple syrup and Canadian cranberries.



Ingredients

Sweet shortcrust pastry, for the pie crust. Sufficient enough to line the base of a 23cm fluted pie flan.

5 apples (I used golden delicious) peeled, cored and sliced.
425g can of Great Lakes® “Wild Cranberries”
15ml butter
45ml maple syrup
150g margarine
150g caster sugar
2 eggs beaten
30ml Tia Maria
50g plain flour
150g ground almonds
Icing sugar

Directions

Grease and line the base of a 23cm fluted pie flan with the shortcrust pastry and prick the base of the flan with a fork

Cook the apples in a frying pan with the butter and maple syrup for 10-15 minutes until tender. Lay the apple slices in the base of the flan.

Drain the cranberries and spread the fruit on top of the apples.
Cream together the margarine and sugar until fluffy. Mix the egg into the mixture and add the Tia Maria.
Fold in the flour and the ground almonds and mix to a smooth thick paste.

Spread the paste evenly over the top of the apples and cranberries in the flan.

With the dough trimmings form it into strips 1 cm wide and lay them in a lattice pattern across the flan.

Brush the lattice strips with beaten egg glaze.
Bake the tart in a preheated oven for 30-40 minutes at 190C.
When cooked remove from the oven and sprinkle with icing sugar.

The second dish is a more straight-forward Peach and Cranberry pie

Ingredients

Sweet shortcrust pastry, for the pie crust and top. Sufficient enough for a 20cm pie dish and to cut the leaves for the pie lid.

7 white fleshed peaches, peeled, stoned and sliced
425g can of Great Lakes® “Wild Cranberries”
150g caster sugar
30ml lemon juice
50g plain flour
5ml cardamom

Directions

Grease and line the base of a 20cm pie dish with shortcrust pastry and prick the base with a fork.
Drain the cranberries.

Place the peach slices and cranberries in a bowl and stir in the sugar, lemon juice, flour and cardamom.
Spoon the mixture into the pastry case.

With the remaining pastry cut out leaf shapes about 6cm long, mark leaf veins with a knife.

To form the top. Working from the outside edge, place leaves on the top of the fruit mixture to form a ring of leaves. Place a second ring of leaves above, staggering the position and continue with rows until covered. (Should be three rings)

Brush the leaves with a beaten egg glaze.
Bake the pie in a preheated oven for 40-45 minutes at 180C.

The third dish is a Pineapple and Cranberry pie. This was chosen to show the extremes of flavour between the sweet pineapple and the tart cranberries (a sort of sweet and sour pie)

Ingredients

Sweet shortcrust pastry, for the pie crust and top. Sufficient enough for a 20cm pie dish

450g can thin pineapple slices
425g can of Great Lakes® “Wild Cranberries”
15ml grated lemon rind
30ml lemon juice
75ml syrup from pineapple
50ml syrup from cranberries
50g plain flour

Directions

Grease and line the base of a 20cm pie dish with shortcrust pastry and prick the base with a fork

Drain the cranberries retaining the juice for later

Drain the pineapple, retaining the juice for later, and cut into pieces. (I found this better than using the larger pineapple pieces)

Place measured amount of syrup from both fruits into a saucepan, add the lemon rind and lemon juice and heat until nearly boiling. Place pineapple and cranberries in the liquid mixture, stir and transfer to a bowl then allow to cool.

When the mixture is cool, mix in the flour.
Place mixture into the pastry case.

Cover the mixture with remaining pastry rolled out to form top and decorate with a couple of leaves.

Brush the top with a beaten egg glaze mixture.
Bake in a preheated oven for 40-45 minutes at 180C

At the end of all this I still had a can of cranberries remaining. To use up these I simply drained the can and mixed the fruit with 150g of caster sugar. A teaspoon of the mixture was then placed at regular intervals on a sheet of sweet puff pastry. The mixture was then covered with another sheet of puff pastry, then cut to size, scored, brushed with glaze, sprinkled with demera sugar and baked at 180C for 15-20 minutes until golden brown.

The overall choice by the adults was for the Apple Tart closely followed by the peach pie and the choice by the younger generation was divided between the Apple Tart and the pastry puffs.

By the way, the Iron Chef wins again.

For further information on Cranberries and this product contact Maxwell Food Products Pty. Ltd. on (02) 9325 6793 or Email: sales@maxwellfoods.com