

## Craving *cranberries*

When I think of cranberries, I automatically think of Thanksgiving and Christmas. I see the canned cranberry sauce next to the turkey on the platter.

As a child, I found the flavor to be too tart. Now I enjoy the flavor in several forms.

### MARY KATE RIDGEWAY



Food for Thought

I make a traditional cranberry congealed salad many times during the year.

I noticed in the grocery the lemon lime drink with cranberry flavor. This summer I enjoyed the flavor of cranberry lemonade.

And throughout the year, we use dried cranberries in many of our

Miss Healthy Class recipes. Cranberries have become a year-round delicacy.

The name "cranberry" derives from the Pilgrim name for the fruit, "craneberry," so called because the small, pink blossoms that appear in the spring resemble the head and bill of a sandhill crane.

European settlers adopted the

Native American uses for the fruit and found the berry to be a valuable bartering tool.

American whalers and mariners carried cranberries on their voyages to prevent scurvy. In 1816, Capt. Henry Hall became the first to successfully cultivate cranberries.

By 1871, the first association of cranberry growers in the United States had formed — U.S. farmers now harvest more than 40,000 acres of cranberries each year.

Cranberries are a unique fruit. They can only grow and survive under a very special combination of factors. They require an acid peat soil, an adequate fresh water supply, sand and a growing season that stretches from April to November, including a dormancy period in the winter months that provides an extended chilling period, necessary to mature fruiting buds.

Contrary to popular belief, cranberries do not grow in water. They grow on vines in impermeable beds layered with sand, peat, gravel and clay. These beds, commonly known as "bogs," were originally made by glacial deposits. States that grow a lot of cranberries are Massachusetts, Washington and New Jersey.

### Spicy Holiday Meatballs

**Meatballs:**  
**1 pound lean ground beef**  
**1/4 teaspoon salt**  
**2/3 cup fresh bread crumbs**  
**1/4 teaspoon ground pepper**  
**1 egg, slightly beaten**  
**1-1/2 tablespoon Worcestershire sauce**

**Meatballs:** Combine all ingredients except broth in large bowl. Divide by quarter cups and shape into balls.

Heat broth in large skillet. Cook meatballs 10 minutes, turning once. Drain well on paper towels.

Place in oven-proof covered casserole and top with cranberry sauce.

Bake at 350°F for 30 minutes.

**Cranberry sauce:** In small saucepan, combine all ingredients heating until jelly melts and ingredients are well combined.

Pour over meatballs before baking.

**1 tablespoon minced onion**  
**2 cups beef broth**  
**1 tablespoon minced fresh parsley**  
**Cranberry sauce:**  
**1 can whole berry cranberry sauce**  
**1/4 cup brown sugar**  
**2 tablespoons canned chopped green chilies**  
**1/4 cup apple jelly**

### Cranberry Orange Relish

**One 12-ounce bag of fresh cranberries**  
**1-1/2 navel or seedless oranges, halved**  
**1/4 cup slivered almonds**  
**1/4 cup granulated sugar**

Combine ingredients in food processor, pulse to desired consistency. Let stand at room temperature 1-2 hours to allow flavors to mix. Refrigerate until ready to use.

Makes 3-1/4 cups of relish.

My grandmothers' recipe, the relish is great with

turkey, chicken, dressing, pork and ham.

MARY KATE RIDGEWAY, a retired Extension leader, is a freelance home economist and educator.



### RECIPE ROUNDUP

#### Spicy Cranberry Pork Tenderloin

FROM PORKBEINSPIRED.COM

**2 pork tenderloins, about 1 pound each**  
**2 limes**  
**Kosher salt and ground black pepper**  
**1 teaspoon vegetable oil**  
**One 12-ounce bag fresh cranberries**  
**2/3 cup light brown sugar, packed**  
**1 jalapeño, seeded, finely chopped**

Preheat oven to 400°F. Finely grate zest from limes. Juice limes (about 4 tablespoons).

In small bowl, mix half lime zest (about 2 tablespoons) with 1 teaspoon salt and 1/2 teaspoon pepper. Brush tenderloins with oil.

Makes 6-8 servings.

#### Pumpkin Cranberry Mini Breakfast Muffins

FROM FRANCICOHEN.COM

**1 cup all-purpose flour**  
**1 cup oat flour (or fresh oats finely ground into a flour)**  
**3/4 cup sugar**  
**1 teaspoon baking soda**  
**1/4 tsp salt**  
**1-1/2 teaspoons cinnamon**  
**1/4 teaspoon nutmeg**  
**1-1/4 cups canned pumpkin puree**  
**1 large egg, lightly beaten**  
**1/4 cup canola oil**  
**1 cup nonfat milk**  
**1 cup fresh cranberries**

Preheat oven to 350°F.

Spray a mini muffin pan with nonstick cooking spray.

In a large bowl, combine flour, sugar, baking soda, salt, cinnamon and nutmeg.

Combine pumpkin, beaten egg, oil and milk in a separate bowl.

Make a well in dry ingredients and add pumpkin mixture, stir until combined. Lastly, fold in cranberries.

Fill muffin cups and bake 17-22 minutes.



#### Apple Cider Cranberry Bread

FROM CRANBERRY MARKETING COMMITTEE USA, WWW.USCRANBERRIES.COM

**Dough:**  
**4 1/2 teaspoons rapid rise yeast**  
**1 cup warm water (100°-110°F)**  
**1/2 cup granulated sugar, divided**  
**2 large eggs**  
**1 cup apple cider**  
**1 tablespoon salt**  
**1 tablespoon fresh lemon juice**  
**1/4 cup plus 1 tablespoon vegetable oil**  
**6 to 6-1/4 cups bread flour, divided**  
**Filling:**  
**1/2 cup (1 stick) unsalted butter, softened**  
**1/2 cup confectioners' sugar**  
**1/2 teaspoon freshly grated lemon peel**  
**1/2 teaspoon ground cinnamon**  
**1 teaspoon vanilla extract**  
**1-2/3 cups peeled, cored, chopped Jonathan apple**  
**3/4 cup sweetened dried cranberries, chopped**  
**3/4 cup toasted pecans, chopped**  
**Glaze:**  
**2 cups confectioners' sugar**  
**1/2 teaspoon fresh lemon zest**  
**1/2 teaspoon ground cinnamon**  
**1/4 cup apple cider**  
**Garnish:**  
**1/4 cup toasted pecans, chopped, divided**  
**1/4 cup sweetened dried cranberries, divided**

In mixer bowl, with paddle attachment, combine yeast, warm water, and 2 teaspoons sugar. Let stand 10 minutes.

Stir in remaining sugar, eggs, cider, salt, lemon juice, 1/4 cup vegetable oil, and 3 cups flour. Beat on low speed 2 minutes.

Beat in 3 cups flour. Knead with dough hook until moderately soft dough forms, about 5-8 minutes, adding additional flour as necessary.

Use remaining 1 tablespoon vegetable oil to grease a large mixing bowl. Place dough in bowl, turn to grease top. Cover; refrigerate dough overnight.

Remove dough from refrigerator and let stand 30 minutes.

**Filling:** In a small bowl, stirring with spoon, mix together butter, confectioners' sugar, lemon peel, cinnamon and vanilla. Set aside.

Punch down dough; divide in half. On a lightly floured surface, roll each half into a 15x10-inch rectangle. Divide butter filling evenly and spread within 1 inch of edges of each rectangle. Sprinkle evenly with apples, cranberries and pecans.

Starting from long side, tightly roll up rectangles and pinch edges to seal.

Using a floured knife, cut ropes lengthwise in half. With cut sides up, twist two ropes around each other to form a single piece.

Place on a parchment paper-lined cookie sheets. Pinch ends together. Cover loaves, let rise 30-40 minutes, until puffy but NOT double.

Bake in preheated 350°F oven 30-35 minutes or until golden and done. To prevent overbrowning, tent loaves with foil last 5 minutes.

**Glaze:** Mix all ingredients with spoon, beating until smooth. Drizzle glaze over cooled Apple Cider Cranberry Bread loaves. Garnish by sprinkling each loaf with 2 tablespoons cranberries and 2 tablespoons pecans.

Makes 2 large loaves, 16 servings each.

#### Tex Mex Cranberry Salsa

FROM WWW.OCEANSPRAY.COM

**1 cup water**  
**1 cup sugar**  
**One 12-ounce package fresh or frozen cranberries**  
**2 tablespoons chopped canned jalapeño peppers**  
**1/4 cup fresh cilantro**  
**1/4 teaspoon ground cumin**  
**1 green onion, white and green parts, sliced**  
**1 teaspoon lime juice**

Combine water and sugar in a medium saucepan. Bring to a boil over medium heat. Add cranberries; return to a boil. Gently boil cranberries 10 minutes without stirring.

Pour into a medium glass mixing bowl. Gently stir in remaining ingredients.

Place a piece of plastic wrap directly on salsa. Cool at room temperature and refrigerate. Best if served at room temperature. Makes 2-1/2 cups.



#### Cranberry Asian Sesame Coleslaw

FROM CRANBERRY MARKETING COMMITTEE USA, WWW.USCRANBERRIES.COM

**4 cups coleslaw blend (store bought, bagged)**  
**1/3 cup dried cranberries**  
**1 can mandarin oranges, drained**  
**1/3 cup slivered almonds**  
**1 small sweet green pepper cut into thin slices**  
**2 tablespoons sesame seeds**  
**1/3 cup Asian sesame ginger vinaigrette dressing**

In large bowl, combine coleslaw, dried cranberries, oranges, almonds and green pepper slices. Toss to mix. Add salad dressing and mix well to coat.

Serve in individual bowls. Top with a sprinkle of sesame seeds on each salad

Makes 4 servings.

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