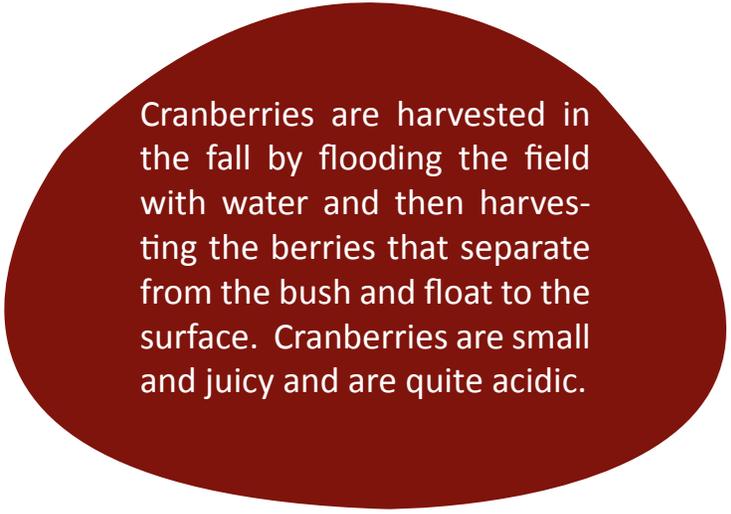


CRANBERRIES



*Produced by the Little Burgundy Coalition's Health and Food Committee and
the Osez la santé team at the CIUSSS du Centre-Sud-de-l'Île-de-Montréal*



Cranberries are harvested in the fall by flooding the field with water and then harvesting the berries that separate from the bush and float to the surface. Cranberries are small and juicy and are quite acidic.

VARIETIES

Cranberries are white or red and belong to a family that includes blueberries and bilberry.

BUYING THEM

Choose firm and shiny cranberries.

PREPARING THEM

Only wash prior to use. Remove any stems or soft, shriveled or damaged cranberries.

USING THEM

Use in baking (muffins, breads and cakes). They can be used in pies, mousses or crêpes and pair well with citrus fruit, apples and pears. Cranberries can be used in sauces to complement poultry or with other meats including pâtés, sausages or terrines.

COOKING THEM

Cook in a small amount of water in an open pan. Just like with popcorn, steam will make them puff and burst.

NUTRITIONAL VALUE

Cranberries contains vitamin C and potassium. They also contain oxalic and citric acid which gives them an astringent taste.

CONSERVATION

Store in the refrigerator or in the freezer. You can use frozen cranberries directly in baking and cooking. You can also dehydrate cranberries in the oven at a low temperature until dry.

DID YOU KNOW THAT ...

Cranberries have antibacterial properties. Drinking unsweetened cranberry juice can help women treat urinary tract infections.

CRANBERRY CRUMBLE

PREP TIME : 10 MINUTES

COOKING TIME : 35 MINUTES

PORTIONS : 6



INGREDIENTS

½ cup (110g)	Unsalted butter + butter for greasing the baking dish
1 cup (250 ml)	Brown sugar
½ cup (125 ml)	All-purpose flour
1 cup (250 ml)	Oat flakes
1/3 cup (80 ml)	Walnuts (optional)
3 cups (750 ml)	Cranberries, fresh or frozen
6 scoops	Vanilla-flavoured frozen yogurt (optional)

PROCEDURE

Preheat the oven to 350° F (175°C). Grease a baking dish.

In a big bowl mix together the brown sugar, flour, oats, butter and nuts (optional) to obtain a clumpy dough. Press half of this mix into the baking dish. Spoon the cranberries onto the crust and spread to level. Cover the cranberries with the rest of the mixed ingredients.

Bake on the middle rack of the oven until the fruit is soft and the top crust is golden brown, about 35-40 minutes. Take the crumble out of the oven, and let it cool for at least 30 minutes before serving.

You can serve the crumble with a scoop of vanilla-flavoured frozen yogurt.

CRANBERRY CHUTNEY

PREP TIME : 15 MINUTES

COOKING TIME : 20 MINUTES

PORTIONS : 3 JARS



INGREDIENTS

¼ cup (60 ml)	Onion, chopped
2 tablespoons (30 ml)	Butter
3 cups (750 ml)	Cranberries, fresh or frozen
¾ cup (175 ml)	Sugar
¾ cup (175 ml)	White wine vinegar
1/8 teaspoon (0,5 ml)	Ground cardamom
1/8 teaspoon (0,5 ml)	Ground cinnamon
1/8 teaspoon (0,5 ml)	Ground coriander
3 tablespoons (45 ml)	Fresh ginger, finely grated

PROCEDURE

Heat the butter in a pot on medium heat, and sauté the onion for a few minutes. Add the other ingredients and bring to a boil.

Simmer on low heat for 15 minutes, adding a little water as needed.

Transfer into 3 jars and keep in the refrigerator.

The chutney can be served with cold cuts, turkey or duck, meat pies, etc.