



Currants

How to Prepare

Currants, specifically red currants and black currants, are a closely related family of small berries, with different varieties native to Western Europe, Eastern Europe, or North America. Currants grow in most northern regions from Alaska to Newfoundland.

The pea-sized currants grow in a grape-like formation, and have a tart, but also sweet flavour. They can be used in sweet dishes, but are best when paired with other sweet berries or flavourful nuts. They are also very popular in savoury dishes, and add depth and complexity to red meat, poultry and wild game.

Currants are ready to harvest when they are brightly coloured and slightly soft. Store in the refrigerator in a container that allows some airflow. Currants resemble several non-edible (or toxic) northern berries, so exercise caution if harvesting currants in the wild.

If growing currants, do your research. They can be damaging to five-needle pine, as some varieties can carry white pine blister rust. For that reason, they may not be cultivated in some areas of the United States.

Use Currants:

- In a salad with tomato and mint;
- In dark chocolate cakes;
- In tarts with custard or meringue;
- In compotes with red meats;
- As a jelly with lamb or venison;
- As a sauce for goose or turkey;
- As an ice cream topping;
- As a jam, preserve or syrup;
- Juiced for vinaigrettes or sauces;
- In sweet summer drinks;
- Made into gelato or sorbet;
- In sweet BBQ sauces; and
- In oatmeal or overnight oats.

Nutrition Highlights

- Very high in Vitamin C & K;
- A good source of manganese;
- A good source of fiber;
- A good source of energy;
- A good source of potassium.

Nutrition Facts	
Serving Size 100 grams (100 grams)	
Amount Per Serving	
Calories 56	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	17%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Vitamin C 68%
Calcium 3%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
© www.NutritionData.com	



Recipe: Red Currant Chutney

Ingredients

2 c. red currants, washed and stemmed	10 whole cloves
1/3 c. sugar	1 cinnamon stick
3 TBS apple cider vinegar	1/2 tsp ground ginger
1/3 c. water	1/4 tsp salt
1 TBS vegetable oil	1 large onion, chopped into small pieces
1 TBS whole mustard seeds	1/8 to 1/4 tsp cayenne pepper, depending on your heat tolerance
10 whole black peppercorns	

Instructions

1. In a small saucepan, bring currants, sugar, vinegar, and water to a boil. Reduce heat to low, cover, and simmer until currants begin to fall apart, about 10-15 minutes. Careful, this is a recipe that's likely to boil over (and make a mess!), so leave your lid somewhat ajar or give it a stir frequently
2. Strain red currant mixture through a fine sieve, catching the juice in a bowl. Press down on the currant solids to extract as much juice as possible. Discard the solids, reserve the juice.
3. Rinse out the saucepan and return to stove. Heat vegetable oil in saucepan over medium-low heat. Add mustard seeds, peppercorns, cloves, cinnamon stick, ginger, and salt, and fry until mustard seeds begin to pop, about one minute. Warning, the hot mustard seeds can pop quite forcefully and splatter oil, so work quickly and carefully, removing pot from heat if need be.
4. Add the onion to the spices, and cook over medium low heat, stirring occasionally until onions are golden brown, about 10 minutes. Add currant juice and cayenne pepper to pot, and stir. Bring to a simmer, and simmer, uncovered, for about 15 minutes, until the sauce has reduced and thickened. Let cool and refrigerate for up to two weeks.



Image Source: swisspaleo.ch