



## Cranberry

### How to Prepare

Cranberries are a popular holiday essential throughout North America, and have been a part of indigenous recipes for generations. They grow wild in some areas around Yellowknife, and in many parts of southern NWT. While they're not very popular as a raw berry due to their firm texture and bitterness, cranberries are widely used in both sweet and savoury cooking.

Fresh cranberries are relatively difficult to find, as they tend to have a short season, especially this far North. When you can find fresh cranberries, you can dry, freeze, or otherwise preserve them to keep access to cranberries well after they've been harvested.

In your own home, store fresh cranberries in a plastic bag in the refrigerator – in good conditions they can last up to two months. You can also freeze whole berries, make jellies and jams, or dehydrate them to preserve the fruit for later use.

### Try Using Cranberry:

- In jellies, jams, and sauces;
- In crisps, crumbles and cobblers;
- In stuffing for poultry;
- In a compote for game meats;
- In biscuits, breads, and muffins;
- In ice cream or sorbet;
- In smoothies and fresh juice;
- Infused into water with lemon;
- In salads, salsas and vinaigrettes;
- In oatmeal or granola;
- With quinoa, couscous or rice;
- Baked with soft cheeses; and
- Folded into chicken salad.

### Nutrition Highlights

- Very high in Vitamin C;
- High in Vitamin E & K;
- A very good source of fiber;
- Very high in manganese; and
- Low in fat and sodium.

## Nutrition Facts

Serving Size 1 cup, chopped 110g (110 g)

### Amount Per Serving

**Calories** 51      **Calories from Fat** 1

### % Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat

**Cholesterol** 0mg      0%

**Sodium** 2mg      0%

**Total Carbohydrate** 13g      4%

Dietary Fiber 5g      20%

Sugars 4g

**Protein** 0g

Vitamin A      1% • Vitamin C      24%

Calcium      1% • Iron      2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



# YELLOWKNIFE FARMERS MARKET



## Recipe: Turkey Dinner Cranberry Sauce

### Ingredients

12 oz fresh cranberries  
 $\frac{3}{4}$  cup sugar

1 orange – zest and juice  
 $\frac{3}{4}$  cup water

### Instructions

1. In a medium saucepan, combine cranberries, sugar, orange zest, orange juice and water; bring to a boil.
2. Reduce to a simmer; cook until cranberries are soft, about 10 minutes.
3. Transfer to a bowl, and let cool to room temperature.

Making your own cranberry sauce is so easy that everyone should try it at least once. Once you see how simple it is, you may never buy premade cranberry sauce ever again.

This recipe is very easy to customize. For a sweeter sauce substitute the water for orange juice. For a spiced experience try adding cinnamon, nutmeg, cloves, cardamom, or allspice. To strengthen the tie to your turkey, add sage or summer savoury. You can also swap out the orange in favour of lemon or lime.

For a smoother texture, press your cranberry sauce through a wire strainer.

Cranberry sauce is useful for more than just turkey dinner and turkey sandwiches. Try it on vanilla ice cream, as a filling for cookies or muffins, and as a spread for scones or biscuits. Of course you can also serve it with turkey meatballs, roasted game meats, or in a chicken salad.