



Homemade Cranberry Chutney*

INGREDIENTS

- 1 teaspoon olive oil
- 1 shallot, minced
- Large knob ginger, finely grated
- ½ teaspoon sea salt
- 2/3 cup/160 ml water
- ¼ cup/60 ml apple cider vinegar
- ¾ cup/180 ml muscovado sugar
- 3 cups/720 ml fresh or frozen cranberries
- 2 granny smith apples; peeled, cored, and cut into small pieces
Note: you can use any apple, and the tart granny smith lends extra flavor
- 1/3 cup/80 ml minced crystallized ginger
- Optional: use jasmine tea in place of water

INSTRUCTIONS

- Heat oil in saucepan over medium heat; add shallot, fresh ginger, & salt
- Stir occasionally and cook until shallot has softened, 1-2 minutes
- Add water (or tea), vinegar, & sugar
- Increase heat to high and bring to a simmer, stirring to dissolve sugar
- Add 1 ½ cups/360 ml cranberries and all of the cut apple pieces
- Return to simmer, stir occasionally until cranberries have broken down & the mixture has thickened, approx. 15 minutes
- Add remaining 1 ½ cups/360 ml of cranberries + all minced crystallized ginger
- Continue to simmer, stirring occasionally until second addition of berries just begin to burst, approx. 5-7 minutes
- Remove from heat, put in serving bowl and allow to sit for at least one hour before serving

SERVING/STORAGE NOTES

- Can be stored in the refrigerator for up to 3 days and in the freezer for up to 1 month
- Excellent alternative to canned cranberry jelly/sauce for turkey as well on toasted sandwiches for the days after
- Consider using as; topping for NY style cheesecake; jam on toasted buttered bread; like compote in a glass of water, add 1 tablespoon and stir

Nutrition tip

Even with sugar, this alternative to canned cranberry is a healthy version of this holiday sauce. For prevention/supportive treatment of UTI's a tablespoon of this mixed into a glass of sparkling water makes a refreshing, healthy beverage.

**These recipes are adapted from original recipes in Cooks Illustrated. Over the years I have made them often and adapted them to my own tastes and preferences*



Thanksgiving side dishes 2018

RECIPE

Roasted Brussel sprouts*

INGREDIENTS

- 1 kg fresh Brussel sprouts trimmed and halved
- 3 tablespoons olive oil
- 1 tablespoon water
- Sea salt and pepper

INSTRUCTIONS

- Adjust oven rack to upper middle position
- Preheat oven to 260C
- Line baking sheet with oven paper
- Wash, trim & halve Brussel sprouts; then pat dry with a towel
- In a large bowl mix oil, water, $\frac{3}{4}$ teaspoon sea salt, & $\frac{1}{4}$ teaspoon pepper
- Add Brussel sprouts to mixture and coat thoroughly
- Place sprouts on baking sheet, ensuring cut sides are facing down
- Cover sheet tightly with aluminum foil
- Cook, covered, for 10 minutes
- Remove foil and continue to cook until sprouts are well browned and tender, approx. 10-12 minutes longer
- Remove immediately from cooking sheet and place in serving platter

SERVING/STORAGE NOTES

- Sprinkle with salt and pepper to taste when in platter
- These can be served piping hot, or at room temperature, making them a perfect anytime dish as they leave room for easy timing

Nutrition tip

Rich in antioxidants, high in fiber and vitamins C & K, these little brassicas are a perfect compliment to a rich Thanksgiving meal, a great side with any meat dish, and with a bit of cheese can be a meal in themselves.

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