

# CRANBERRIES REIMAGINED!

Unlocking the Year-Round Secrets of the Other Red Berry



*Contributions by M. Jill Overdorf and Jenn LaVardera*



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# Introduction

**Curious about cranberries?** If so, you're in the right place! At Naturipe® Farms, we believe cranberries are so much more than a winter holiday side. This superfood is surprisingly versatile, adding a little extra flavor and a whole lot of nutrients to your daily diet all year round. And we wanted to show you a few different ways you can incorporate cranberries into your daily diet any time of year.

That's why we gathered our cranberry experts—growers, chefs, and registered dietitians—to create a list of delicious, everyday recipes featuring these tart, tasty treasures in dishes of all sorts.

All these recipes are made with real, wholesome ingredients that you can feel good about. We even included a handy shopping list to stock your pantry.

Here's to the cranberry-licious meals you never knew you needed. Let's get cooking!







## About Naturipe® Farms

Naturipe® is a leading global producer of all your favorite fresh-tasting berries, and we pride ourselves on thinking outside the box. With over 1,200 working farms, Naturipe® growers around the world work hard to bring delicious, fresh-tasting berries to your table year-round—including cranberries! Say hello to a few of our U.S. cranberry growers.





# James Lake Farms

THREE LAKES, WISCONSIN

"I'm John Stauner, and my wife Nora and I own and operate James Lake Farms, a premier organic cranberry grower in Northern Wisconsin. Our son, Ben Riker, is the manager of one of the marshes we operate. He also lives on the farm with his wife and family.

With a degree in natural resources and water chemistry, I quickly developed a passion for growing cranberries. This led me to a 20-year career at Northland Cranberries, which was one of the largest growers in the world at the time. When the opportunity presented itself in 2006, Nora and I bought a small piece of Northland Cranberries, now known as the James Lake Marsh. In 2016, we purchased the neighboring Thunder Lake Marsh and converted it to organic production.

Since then, we've committed to organic practices and worked hard to cultivate fresh, organic cranberries. Today, we grow 12 different fruit varieties across 189 acres of cranberry marsh beds. We've adopted some of the most cutting-edge farming innovations and the most effective organic growing methods.

As organic farmers, we believe in protecting the natural integrity of the food we grow and the land where we grow it. We believe in sustainability on all fronts. We strive to provide a great place to work and raise our families, to manage the land responsibly, and to provide our buyers with a healthy, fresh-tasting product."





# The Habelman Brothers Farm



TOMAH, WISCONSIN

"I'm Ray Habelman, Jr., a fourth-generation cranberry grower on my family's farm, the Habelman Brothers, located in Wisconsin. In 1907, my great grandfather, Edward Habelman, offered to trade his farm for interest in a cranberry marsh. The offer was accepted. By 1925, they owned 100% of the business and expanded the farm from 13 to 25 acres. Today, the marsh is 700 producing acres. We are now the world's largest conventional, fresh cranberry grower and packer.

Since the establishment of the farm, each generation has worked diligently to provide our consumers with high-quality cranberries. This is our priority and always will be. We also believe in sustainability and protecting the world we live in. In fact, for years we have been the leaders in adopting cutting-edge technology and practices that allow us to farm more sustainably. We aim to be the first to innovate and provide buyers with their favorite cranberries.

We're proud of how far we've come, and Edward Habelman would be, too. I'm excited to see the family legacy continue when, one day, my children will take over the business."



# Meet the Chefs

**M. JILL OVERDORF** is Naturipe® Farm's Director of Business Development for Foodservice as well as their Corporate Chef, and has been an executive chef for over 20 years.

After attending UMASS-Amherst and graduating with honors from the Culinary Institute of America, she launched her career in New York City by



helping to open Osteria del Circo, the sister restaurant of Le Cirque. She has worked as the executive sous chef at the Telluride Film Festival and opening executive banquet chef at The Getty Museum, Brentwood, CA; executive chef at DreamWorks Studios, Burbank, CA; executive chef at McMurdo Station in Antarctica and executive sous chef at the Ross School in East Hampton, Long Island.

Prior to joining Naturipe®, Jill was director of Business and Culinary Development with Coosemans LA Shipping in Los Angeles, CA. In addition to her position with Naturipe® Farms, Jill is vice-chair of the Leadership Board of the LA Food Policy Council. She is a former board member of both the Center for Growing Talent by PMA and the Produce Marketing Association and a board member and volunteer with a number of Los Angeles regional animal rescue organizations.

Jill has visited all seven continents and has found many favorite places around the world to eat and cook.

**JENN LAVARDERA**, MS RD, is a registered dietitian, nutrition expert, and wellness specialist based in Southampton, New York. She advocates for eating wholesome foods and believes wellness begins with what you eat.

Jenn holds a bachelor's in nutritional science from Pepperdine University and master's in nutrition communications from Tufts University. She completed her dietetic internship at Hunter College in New York City, where her focus was on community nutrition.

Formerly, Jenn served as the academic and research editor for Nutritious Life alongside dietitian Keri Glassman; was the nutrition and health communications manager for Dole Food Company; and has worked with public relations company Ketchum, the Good Housekeeping Research Institute, and Joy Bauer Ventures.

Currently, Jenn serves as a dietitian at a residential eating disorder treatment facility for adolescents. She is a contributor to several health and



nutrition publications, consults for select food companies, and provides nutrition concierge services throughout the Hamptons.

You'll likely find her on the beach walking her dog Brock, browsing through local farm stands and markets, or at her favorite restaurants and wineries around the East End.



# Master Pantry List

Here's a list of useful, everyday items to keep in your kitchen on a regular basis. In fact, you may already have some of these things on hand!

## Produce

- Naturipe® Cranberries, fresh or frozen
- Ginger root
- Brussels sprouts
- Limes
- Lemons
- Orange
- Pears
- Sweet potatoes
- Shallots
- Red onion
- Acorn squash
- Dried apricots
- Jalapeños
- White or Crimini mushrooms
- Celery
- Corn

## Meat

- Pancetta
- Bacon

## Dairy

- Unsalted butter
- Buttermilk
- Eggs
- Milk
- Sour cream
- Mascarpone
- Whipping cream

## Dry Goods

- Baking powder
- Baking soda
- Cornmeal, ground
- Cornmeal, fine
- Cornstarch
- All-purpose flour
- Whole wheat pastry flour
- Pecans
- Walnuts
- Rolled oats
- Short grain rice (such as arborio or sushi)
- Red rice
- White sugar
- Powdered sugar
- Light brown sugar
- Dark brown sugar

## Spices

- Vanilla bean or vanilla extract
- Star anise
- Nutmeg
- Cinnamon sticks
- Ground cinnamon
- Chipotle powder

## Liquids

- Apple cider
- Pomegranate juice
- Maple syrup
- Dijon mustard
- Agave
- Ginger ale
- Prosecco or sparkling wine
- Grand Marnier
- Turkey/Chicken stock or broth
- Port wine
- Apple juice
- Cooking oil, such as sunflower oil, olive oil, coconut oil, etc.





# Cakes & Crisps

**Did you know?** Baking with frozen cranberries keeps the berries from bleeding color or adding moisture to your recipe. Have mostly fresh berries? Spread them out in a single layer on a sheet cake pan or rimmed cookie sheet and set in the freezer. Put them in a ziplock bag or other freezer-safe container, and voila! You'll have delicious cranberries ready for use whenever you want them.



# Cranberry and Sweet Corn Snack Cake

SERVES 8 | PREP TIME 15 MINUTES | COOK TIME 45 MINUTES | TOTAL 1 HOUR

Quick breads are the genesis of every baker. This delicious and easy snack cake is a gateway project into the kitchen for ambitious young bakers. A quick bread doesn't have yeast, and it rises with chemical leavening (baking soda reacting to an acid)—no proofing required!

## INGREDIENTS

1 ½ cups all-purpose flour	1 cup buttermilk	2 cups Naturipe® Cranberries, fresh or frozen
¾ cup cornmeal	1 lemon, zested	1 cup corn kernels, fresh or frozen
½ cup sugar	2 teaspoons vanilla extract	½ cup powdered sugar (optional)
1 teaspoon baking soda	2 eggs	
1 teaspoon salt	½ cup butter, melted	

## DIRECTIONS

1. Preheat the oven to 375°F. Grease and flour an 8-inch springform cake pan.
2. Combine all dry ingredients in one bowl.
3. Combine all the wet ingredients (except the corn and cranberries) in another bowl.
4. Fold dry ingredients into the wet, scraping the bowl until mixed well. Once combined, add in cranberries and corn.
5. Pour into the springform pan and bake for 45 minutes or until a toothpick inserted in the center comes out clean.
6. Once the bread is cool, turn out onto a plate and dust with powdered sugar, if desired.





# Warm Breakfast Cranberry and Pear Crisp

**FILLS** 8–10 INDIVIDUAL CERAMIC RAMEKINS | **PREP TIME** 30 MINUTES | **COOK TIME** 50-55 MINUTES  
**TOTAL TIME** 1 HOUR, 30 MINUTES

This amazing little crisp can be made the night before and baked first thing in the morning. It's perfect for serving visitors or brunch guests. The beauty of this crisp is the tartness of the cranberries to offset the sweetness of the pears. A little cream on the side—fresh, whipped, or frozen—is a decadent and delicious way to enhance the flavor.

## INGREDIENTS

### Filling

- 6 medium-sized pears, peeled, cored, and diced\*
- 2 cups Naturipe® Cranberries, fresh or frozen
- ½ cup maple syrup
- 1 tablespoon cornstarch
- ⅔ cup apple cider
- ½ teaspoon freshly ground nutmeg

### Topping

- 2 cups rolled oats
- ½ cup brown sugar, packed
- ½ cup butter, melted
- 1 teaspoon ground cinnamon

## DIRECTIONS

1. Preheat the oven to 350°F. Grease ramekins or oven-proof bowls with butter.
2. Mix cornstarch with half the apple cider, then combine with the pears, cranberries, and maple syrup in a large bowl.
3. Add nutmeg and the rest of the apple cider, then pour mixture evenly between the ramekins.
4. Combine the topping ingredients thoroughly in a bowl, and sprinkle evenly over the fruit mixture.
5. If you're making these ahead of time, place on a cookie sheet and refrigerate overnight. Otherwise, place on a cookie sheet and bake in the center of the oven for 20–30 minutes or until bubbles appear around the edges and the topping is light brown.

### Notes

For more of a punch, add an additional ½ cup of seasonal fruit such as apples or berries.





# Cranberry Sour Cream Butter Cake

SERVES 8-10 | PREP TIME 20 MINUTES | COOK TIME 50 MINUTES\* | TOTAL TIME 1 HOUR, 10 MINUTES

Buttery and delicious, this cake goes well with a little coffee in the morning or a little whipped cream after dinner. A pop of bright cranberry flavor cuts through the richness for a satisfying bite every time. This could be served from a 10x10 pan, a bundt cake tin, as muffins, or in individual ramekins.

## INGREDIENTS

Filling	Cake	
3 cups Naturipe® Cranberries, fresh or frozen	1 cup butter, room temperature	½ teaspoon baking soda
¾ cup light brown sugar	1 ½ cups sugar	½ teaspoon salt
1 ½ teaspoons orange zest	2 eggs	2 cups all-purpose flour
1 cup pecan pieces	1 cup sour cream	
Dash of salt	1 teaspoon vanilla extract	
	½ teaspoon baking powder	

## DIRECTIONS

### For the filling

1. Combine washed cranberries, brown sugar, pecans, orange zest, and salt in a saucepan and cook on medium heat until the cranberries begin to release their liquid. Set aside and allow to cool.

### For the cake

1. Preheat the oven to 350°F. Grease and flour a 10x10 cake pan\* and set aside.
2. Cream the butter and sugar together until light and fluffy. Add eggs one at a time until fully incorporated.
3. Add in sour cream, vanilla, baking powder, baking soda, and salt.

4. Fold in the flour carefully until it comes together into a tight, thick batter.
5. Pour half of the batter into the pan, spoon in a layer of filling, then pour the rest of the batter on top. If there is extra filling, spoon it on top of the batter.
6. Bake 60-75 minutes,\* or when a toothpick inserted in the middle comes out clean and the center doesn't jiggle when the pan is moved. Allow the cake to cool completely before serving.

### Notes

\*The baking time will change depending on the pan: a Bundt cake tin will take 50-60 minutes, 55-70 minutes for a square pan, and muffin tins will take 30 minutes.





# Cranberry and Rice Buttermilk Pancakes

**MAKES 12-14 PANCAKES | PREP TIME 10 MINUTES | COOK TIME 15 MINUTES | TOTAL TIME 25 MINUTES**

Home-cooked breakfast foods like pancakes embody a slower and more decadent frame of mind—the perfect opportunity to get a little creative. This recipe is inspired by a dish served at a Cajun breakfast joint where I was once a server. What interesting flavor and texture! And adding cranberries in the mix makes these pancakes a little more flavorful.

## INGREDIENTS

1 cup all-purpose flour	1 teaspoon baking powder	1 ½ cups buttermilk (see homemade recipe below)*
½ cup whole wheat all-purpose flour	¼ teaspoon nutmeg	1 teaspoon vanilla*
2 tablespoons sugar*	3 eggs	1 cup cooked white rice***
A pinch of salt	3 tablespoons oil, such as sunflower, canola, or coconut	1 cup Naturipe® Cranberries, fresh or frozen
1 teaspoon baking soda		

## DIRECTIONS

1. Mix dry ingredients in a bowl.
2. In a second bowl, whisk eggs until lightly beaten, then add buttermilk, oil, and vanilla.
3. Pour into dry ingredients and mix until just incorporated, then finish with rice and cranberries.
4. Drop a large tablespoon of batter onto a greased griddle. When you see bubbles begin to appear uniformly on the surface of the cake, flip gently.
5. Cook until golden brown on both sides. Keep cakes warm in the oven on low or serve immediately.

## Notes

\*If you don't have buttermilk on hand, you can substitute it by combining one tablespoon of white or apple cider vinegar per cup of milk. Allow it to stand for 10 minutes before using so it can curdle slightly.

\*\*You can skip the sugar and the vanilla to make these savory pancakes if you like!

\*\*\*Experiment with different kinds of rice, like wild rice or quinoa, or even leftover rice if you have it on hand.

## Other Suggestions

Batter too thick? Add more liquid. For extra fluff, beat the egg whites separately and then fold into the batter.







# On the Savory Side

**Did you know?** To create a perfectly balanced meal, cranberries need to have sugar or fat (or both) to balance the tart and sour that they provide. That's why they work well in baked goods. But cranberries also work well with earthiness (also known as "umami," or the savory flavor), which means they can be successfully added to savory dishes for a bright pop of juiciness.



# Savory Corn and Cranberry Waffles

**MAKES 5 WAFFLES\*** | **PREP TIME 15 MINUTES** | **COOK TIME 10 MINUTES** | **TOTAL TIME 25 MINUTES**

Some of my favorite memories are of my dad making waffles for all of us on Sunday mornings. While these waffles are far from the traditional variety my dad would make, I think he'd still enjoy them. They're absolutely scrumptious with the sweetness of the corn and the tart, juiciness of the cranberries. They're great as a chicken and waffle base, as a late lunch, or dipped in hot honey as a snack.

## INGREDIENTS

1 ½ cups whole wheat flour	3 eggs, whites and yolks separated	1 ½ cups corn kernels, fresh or frozen
1 ¼ cups cornmeal, fine	2 ½ cups buttermilk**	
2 teaspoons baking powder	6 tablespoons oil, light vegetable or olive	1 ½ cups Naturipe® Cranberries, fresh or frozen
½ teaspoon baking soda		
1 teaspoon salt		

## DIRECTIONS

1. Preheat your waffle maker.\*
2. Mix the flour, cornmeal, baking powder, baking soda, and salt in one large bowl.
3. In another bowl, thoroughly mix the egg yolks, the buttermilk, and the oil.
4. Whip the egg whites in a separate bowl using an electric mixer or a whisk. Whip until soft peaks form—the whites should almost triple in size.
5. Fold the wet ingredients into the dry ingredients and mix gently until just combined.
6. Softly fold in the whipped egg whites, the corn, and the cranberries.
7. Grease your waffle maker and begin adding batter. Be sure to follow the waffle maker's instructions for the best results.

## Notes

\*If you don't own a waffle maker, these make great hot cakes!  
\*\*See "homemade" buttermilk recipe on page 13.

## Other Suggestions

If you make all of the waffles at the same time, they can be kept warm in a low oven until served.  
  
Waffles can be reheated in a toaster for a snack the next day.  
  
These are also a great kid meal if cut into dipping sticks.





# Cranberry Harvest Pilaf (v)

SERVES 6-8 | PREP TIME 5 MINUTES | COOK TIME 25 MINUTES | TOTAL TIME | 30 MINUTES

This is an incredibly flexible dish. It's hearty enough to serve your old curmudgeon uncle if necessary, easy to top with whatever you want (or have on hand), and is excellent for making ahead and reheating—even the next day! Plus the color of the cranberries is just extraordinary.

## INGREDIENTS

- 2 cups Bhutanese, black, red, or other dark short grain rice

4-6 cups of liquid such as water, stock, or bone broth

2 tablespoons light oil

1 pound white or Crimini mushrooms, fresh sliced
- ½ cup celery, washed and diced

1 cup red onion, diced small

1 teaspoon salt

2 cups Naturipe® Cranberries, fresh or frozen

3 tablespoons agave syrup, honey, or maple syrup

## DIRECTIONS

1. Heat a large saucepan and add 1 tablespoon oil. Add rice and stir, coating rice with the oil. Add 3-4 cups of water, stir, and cover, reducing the heat to a low simmer. Allow the rice to cook for 20 minutes, adding more liquid if necessary.

2. While the rice is cooking, heat a large sauté pan and add the remaining oil and red onion.

3. When the onion is translucent, add mushrooms and celery and sauté until soft.  
Add the cranberries and sauté until soft, then add the sweetener and mix thoroughly.

4. When the rice is cooked and no longer firm to the bite, add to the cranberry and mushroom mixture and combine. Taste for seasoning and adjust for salt if necessary.

## Variations

- Vegetarian/Vegan*

Make the pilaf with water or vegetable stock, then top with roasted root vegetables like squash, sweet potatoes, and carrots. Add grilled tofu, tempeh, or beans for protein.
- Thanksgiving-inspired*

Make the pilaf with chicken or turkey stock or bone broth, then top with roasted root vegetables and turkey or chicken.
- Extra Hearty*

Make the pilaf with bone broth and Shiitake mushrooms, then top with steak or pork.
- On the Side*

Make the pilaf with any liquid, then top simply with crushed toasted nuts like pecans, hazelnuts, or pistachios.





# Sweet Potato and Cranberry Drop Biscuits

**SERVES 12 DROP BISCUITS | PREP TIME 4 HOURS | COOK TIME 30 MINUTES**  
**TOTAL TIME 40 MINUTES OF ACTIVE TIME**

I love these biscuits all year-round. They're a delicious alternative to traditional plain cornbread. The addition of sweet potatoes (or a squash puree) makes for a rich and colorful bread with a surprise cranberry burst. Experiment by adding chopped pecans or corn kernels for even more texture and flavor.

### INGREDIENTS

1 large garnet sweet potato, peeled and coarsely chopped*	¼ cup unsalted butter, soft**	2 tablespoons baking powder
½ cup water	3 tablespoons maple syrup	2 teaspoons melted butter** – for the tops of the biscuits
1 teaspoon salt	1 cup fresh Naturipe® Cranberries, fresh or frozen	Toasted nuts, such as pecans (optional)
The juice from 1 large orange (up to 1 cup)	1 cup cornmeal	
	1 cup flour	

### DIRECTIONS

1. Cook the sweet potato in a small saucepan with the orange juice, water, and salt until just soft. Remove from the heat.

2. Add butter and maple syrup, mash until smooth, fold in the cranberries, and set aside to cool.

3. Combine the remaining dry ingredients and whisk to thoroughly incorporate. Fold in the sweet potato and cranberry mixture until a thick batter forms. Chill this mixture for 4 hours.

4. Preheat the oven to 400°, and grease a baking sheet, cornbread molds, or muffin tin. Spoon out batter—each biscuit should be about ⅓ cup each.

5. Just before baking, brush the top of each biscuit with butter.

6. Bake for 15 minutes and then rotate the tin/pan.

7. Continue baking for 5–7 minutes until the tops are golden and firm.

8. Cool before serving.

### Notes

\*Substitute roasted winter squash (butternut, acorn, delicata).

\*\*Make this a vegan-friendly recipe by subbing coconut oil for butter.





# Brussels Sprouts with Cranberries (v)

SERVES 4 | PREP TIME 10 MINUTES | COOK TIME 20 MINUTES | TOTAL TIME 30 MINUTES

Brussels sprouts are deliciously unctuous. The combination of their earthy flavor with the tart sweetness of cranberries is a prize winner. For this recipe, I like to make both parts separately and then combine for maximum impact right before I serve: Brussels first and then cranberries with the sweet-sour dressing.

## INGREDIENTS

2 pounds fresh Brussels sprouts (about 3 cups),  
washed and prepped  
2 tablespoons olive oil  
¼ cup shallots, finely minced  
2 cups Naturipe® Cranberries, fresh or frozen

¼ cup balsamic vinegar  
2 tablespoons sugar  
2 tablespoons maple syrup  
½ teaspoon salt  
3 tablespoons Grand Marnier or similar (optional)

## DIRECTIONS

1. Preheat the oven to 300°F.
2. Wash, trim, and cut the Brussels sprouts in half.
3. Toss the Brussels with 2 tablespoons of oil and spread evenly on a sheet pan. Put in the preheated oven and roast for 30–45 minutes.
4. While the Brussels are roasting, heat a large sauté pan and sweat the shallots in the remaining 2 tablespoons of oil until translucent. Add the cranberries and sauté all for another 3–5 minutes. (Be careful—when the cranberries get hot they may burst!)
5. Make the dressing: Combine the vinegar, sugar, maple syrup, salt, and liqueur (if using). Adjust to taste.
6. Just before serving, combine the Brussels sprouts and the cranberries and toss them with the dressing.

## Notes

This recipe is vegan.

Serve hot, at room temperature, or as a cold salad.

Consider adding diced and cooked pancetta or bacon for a little extra crunch.







# Sauces

**Did you know?** The perfect, fresh cranberry is shiny, plump, and firm with a deep red color. And if it bounces when you drop it, you've found a keeper!



# Everyday Cranberry Sauce

**SERVES** 6-8 | **PREP TIME** 30 MINUTES | **COOK TIME** 10 MINUTES | **TOTAL TIME** 40 MINUTES

Cranberry sauce isn't just for Turkey Day. In fact, the best part about this sauce is how versatile it is year-round. Use it to top your yogurt, toast, or morning baked treats, or add some pizzazz to baked chicken midweek. But whether you make this sauce in November or July, your house will smell super festive.

## INGREDIENTS

- |   |  |
|---|--|
| 3 cups Naturipe® Cranberries, fresh or frozen | ½ cup water                                |
| ¼ cup maple syrup                             | ½ teaspoon ground cinnamon                 |
| ½ teaspoon orange zest                        | ½ cup chopped walnuts or pecans (optional) |

## DIRECTIONS

1. Combine Naturipe® Cranberries, maple syrup, orange zest, water, and cinnamon in a medium saucepan and bring to a boil.
2. Reduce to a simmer and cook about 8–10 minutes, occasionally stirring, until cranberries are soft and have begun to burst.
3. Remove from heat and gently stir in chopped nuts, if desired.
4. Transfer sauce to a bowl and let cool for about 30 minutes in the refrigerator.
5. Keep refrigerated for up to 14 days or freeze for later.





# Cranberry Citrus Jalapeño Relish (v)

**MAKES 4 CUPS OF RELISH | PREP TIME 30 MINUTES**

This easy and delicious cranberry relish gets a deep, earthy flavor from chipotle powder and a bite from the fresh jalapeños. And the best part? No cooking required! Add this unique relish as a topper on a cheese plate or a charcuterie tray, or a spread on a turkey sandwich. Think of this as a winter giardiniera, without the pickling!

## INGREDIENTS

3 cups Naturipe® Cranberries, fresh or frozen	1 lime, zested and juiced	½ teaspoon cinnamon
2 tablespoons agave syrup*	1 jalapeño, seeded and diced	3 tablespoons Port wine (optional)**
1 orange, zested and juiced	½ teaspoon chipotle powder	½ cup pecans, toasted (optional)
	⅓ cup light brown sugar	

## DIRECTIONS

1. Sort and wash the cranberries, then put them in the food processor.
2. Seed and dice the jalapeño, then add to the food processor along with the nuts, zest, and juice from the orange and lime.
3. Pulse a few times to start breaking down all the ingredients.
4. Add chipotle, sugar, cinnamon, agave syrup, and wine (if using).
5. Pulse again until the ingredients are roughly the same size. There should be a bit of a 'crunch' to the relish, and each ingredient should be distinctive. Taste and adjust seasoning as necessary.
6. Transfer to a serving bowl or a storage container and refrigerate until used.

## Notes

\*This recipe is vegan when made with agave syrup. You can substitute with honey for a vegetarian dish. And if you're missing some of the spices, you can use "hot honey."

\*\*Because this recipe isn't cooked, the alcohol in the port wine doesn't "cook out." If you'd rather make this dish nonalcoholic, you can substitute a dark fruit juice like cranberry or pomegranate, a strong bone broth, or leave it out completely.

## Other Suggestions

We recommend cutting and seeding jalapeños with gloves on.





# Cranberry Apricot Pear Sauce

**MAKES 4 CUPS OF SAUCE** | **PREP TIME 5 MINUTES** | **COOK TIME 20 MINUTES**  
**COOLING TIME 10 MINUTES** | **TOTAL TIME 35 MINUTES**

This versatile sauce is a perfect way to add cranberries into any menu. All it takes is four staple ingredients (they're probably in your pantry right now!) and three pieces of equipment. Turn this sauce into a glaze over meat, spread it on scones, or put it on top of ice cream.

## INGREDIENTS

- |   |   |
|---|---|
| 1 cup dried apricots                          | 2 standard 15 ounce cans pears with liquid* |
| 2 cups Naturipe® Cranberries, fresh or frozen | ½ teaspoon cinnamon (optional)              |

## DIRECTIONS

1. Wash the cranberries. Put all the ingredients in a non-reactive saucepan.
2. Cover and simmer for about 20 minutes until the cranberries have burst open and the apricots have broken down.
3. Remove from the heat and allow the sauce to cool for a few minutes. Place in a food processor or blender, or use an immersion blender to puree to your preferred consistency.
4. Transfer to a serving bowl or a storage container and refrigerate until used.

## Notes

\*You can substitute fresh pears for canned, or applesauce if you prefer.







# Sweets

**Did you know?** Cranberries are quite the superfood! Studies have shown cranberries may help reduce inflammation, lower risk of certain types of cancers, improve heart health, maintain gut health, and help manage blood pressure.



# Cranberry Mess

**MAKES 8 SERVINGS | PREP TIME 30 MINUTES | COOK TIME 2.5 HOURS, INCLUDING MERINGUE  
TOTAL TIME 3 HOURS**

A play on the British trifle (a layered dessert of meringue, fruit, and cream), using cranberries turns this traditionally summer berry treat into a delicious winter dessert. And besides, who doesn't like making a mess?

## INGREDIENTS

<i>Mess</i>	3 cups Naturipe® Cranberries, fresh or frozen	2 cups heavy whipping cream
2 oranges, zested and supremed (technique below)	1 cup white sugar	<i>Meringue</i>
1 lemon, zested and supremed	¼ cup water	3 medium egg whites
½ cup pecan pieces, lightly toasted	½ cup Grand Marnier or other orange liqueur, like Patron Orange	½ cup white sugar

## DIRECTIONS

### For the Mess

1. Cut the top and the bottom off of the citrus so it won't roll around on the cutting board. Using a paring knife or a vegetable peeler, cut the peel off the fruit. Try to avoid cutting into the pith (that's the white part between the rind and the pulp). Mince the peel and set aside.
2. Remove all of the pith so only rounds of fruit are left.
3. Holding the fruit carefully in your hand over a bowl, cut in-between each segment to remove a portion of fruit, leaving the membrane behind. Let each piece fall into the bowl with the juice. Squeeze what remains in your hand to capture all of the juice. Pick out the seeds and set aside.
4. Put the sugar in a heavy, thick-bottomed saucepan with the water and allow it to reduce and melt. Stir with a wooden spoon or a heat resistant spatula and watch carefully.

5. When the mixture turns a light to medium amber color, immediately add the nuts. Make sure they're coated in the sugar, then allow the mixture to foam for 1–2 minutes.
6. Next add the zest, fruit pieces, and juice of the citrus. Stir to mix well, then add the cranberries. Allow this entire mixture to simmer gently for about 10 minutes.
7. Add the orange liqueur of choice, stir to incorporate, and remove from heat and allow the mixture to cool.

### For the Meringue

1. Preheat the oven to 250°F.
2. Whip the egg whites until soft peaks start to form. Add the first ¼ cup of sugar.
3. Continue whipping the egg whites, adding the rest of the sugar slowly. Whip until the whites are fluffy, stiff, and shiny.



4. Pipe the egg white mixture onto the parchment paper in 2-inch rounds. You can do this with a traditional piping bag like you may use for frosting, or a ziplock bag with a corner trimmed off. You can also use a teaspoon to drop the cookies on the sheet pan in even dollops.
5. Bake for two hours. You want the meringue to be dry and crisp, though slightly tacky on the inside. Remove from the oven and cool on a rack, then transfer to an air tight container or ziplock bag. Set aside.

### To Serve

1. Using an electric mixer or a stand mixer, whip the cream to the desired thickness. Have eight serving bowls ready.
2. Take a handful of meringues and crush with your hands until it breaks apart.

3. Gently fold the cranberry compote into whip cream to create a well-marbled mixture. On the last fold, add in the meringue. Spoon the cream and compote mixture evenly into the bowls/glasses. Top with meringue and serve.

### Notes

This is a great dessert to make ahead of time—just wait to add the meringue until you're ready to serve so it remains slightly crunchy.

This dessert is best served in a glass-sided bowl or dish to show off the amazing colors.

If you don't have the patience for making meringue, substitute Ladyfingers. You can make them yourself or buy them.



# Cranberry Rice Pudding

**MAKES 6 SERVINGS, 1 CUP EACH | PREP TIME 5 MINUTES | COOK TIME 30-40 MINUTES**  
**TOTAL TIME 45 MINUTES**

This recipe is so easy to make, it's worth the 30 minutes of diligent stirring. The pop of cranberries really brightens up this traditional dish. Want more tartness? Use more cranberries!

## INGREDIENTS

- |   |  |
|---|--|
| 2 tablespoons of light oil like coconut or sunflower oil, or butter | 6 star anise                                       |
| 1 cup short-grain rice like arborio or a sushi type like Calrose    | ¼ cup light brown sugar                            |
| 1 ½ cups Naturipe® Cranberries, fresh or frozen*                    | ¼ teaspoon salt                                    |
| 4 cups milk**   | ¼ teaspoon ground cinnamon                         |
|   | 1 vanilla bean pod, or 2 teaspoons vanilla extract |

## DIRECTIONS

1. Place the milk and the star anise in a saucepan over low heat. Once the milk is steaming but not boiling, remove the star anise.
2. In a large heavy-bottom pan, add the oil and heat. Add the rice and toast the grains so all are coated in the oil. Add the cranberries.
3. Slowly add in the warm milk ½ a cup at a time, stirring as you add each new batch.
4. Continue adding milk and stirring until you've used up all the milk. With the last spoonful of liquid, add sugar, salt, cinnamon, and vanilla.
5. Stir constantly for 30 minutes with a wooden spoon or a heat-resistant spatula.
6. Spoon into bowls while still warm.

## Notes

\*If you want a more tart flavor, add more cranberries (up to 3 cups).

\*\*You can make this recipe vegan if you use a milk alternative such as soy, coconut, or almond.

## Other Suggestions

Serve this with vanilla or salted caramel ice cream, or with a splash of heavy cream or whipped cream on top.

If there are any leftovers, refrigerate and serve for breakfast the next day! If the mixture becomes thick in the fridge, add a little more liquid and stir.





# Garnet Granita (v)

**MAKES 12 OZ. OF FINISHED GRANITA | TOTAL TIME 1.5 HOURS**

Granita is an Italian frozen dessert that is like sorbet but with less sugar and scraped by hand—essentially, it's a grown-up version of a Snow Cone. And when made with cranberries, it's positively magical. Serve solo or as part of a dessert flight, or as an intermezzo (a palate cleanser).

## INGREDIENTS

- |   |                   |
|---|-------------------|
| 1 ½ pounds Naturipe® Cranberries, fresh or frozen | ¼ cup white sugar |
| ½ cup pomegranate juice                           | ¼ cup apple juice |
| ¼ cup lemon juice                                 | A pinch of salt   |

## DIRECTIONS

1. Place the cranberries, pomegranate juice, and sugar in a saucepan and cover. Allow to simmer for about 10 minutes until the cranberries break down and everything is combined.
2. Add the lemon juice, apple juice, and salt. Stir and adjust for taste as necessary.
3. Place the mix into a food processor or a blender (do this in batches if the liquid is still hot). Blend until smooth.
4. Once blended, pour into a flat baking dish, then lace in the freezer so that it remains level.
5. After 45 minutes or so, take a fork and scrape the mixture. This helps break up the crystals.
6. Repeat the freeze and scrape process three or four times. After the fourth scrape, allow to freeze for up to four more hours before serving.

## Notes

The basic granita ratio is 4 cups fruit: ½ cup liquid: ¼ cup sugar—experiment with different kinds of fruit and juice to create your own!

If you happen to forget to scrape, you can mix the frozen mixture in the food processor and give it a blitz, though the texture won't be as good.





A close-up photograph of two glasses filled with a vibrant red cranberry juice. Each glass is garnished with a slice of dried orange and a dark cherry. The glasses are set on a dark, textured surface, possibly slate, with several fresh cranberries scattered around. The lighting is dramatic, highlighting the condensation on the glasses and the rich colors of the drink and garnishes.

# Drinks

**Did you know?** Cranberries are a superfruit! They're loaded with antioxidant compounds called proanthocyanidins. Plus, cranberries are naturally tart and low in sugar compared to most fruits. A cut of cranberries has just 45 calories and 4 grams of natural sugar, plus 4 grams of fiber and 15% of daily vitamin C.



# Cranberry Temple

**MAKES 16 MOCKTAILS** | **TOTAL TIME 24 HOURS FOR SYRUP, 5 MINUTES FOR MOCKTAIL ASSEMBLY**

I love the ritual of making a good beverage, and this is the perfect twist on a classic. No matter your age, nothing beats a scrumptious Shirley Temple made with tart, juicy cranberries.

## INGREDIENTS

### *Simple Syrup*

- 2 cups Naturipe® Cranberries, fresh or frozen
- 6 tablespoons fresh lemon juice
- 1 lemon cut into quarters
- 2 cinnamon sticks
- 1 cup white sugar
- 1 cup water

## DIRECTIONS

### *For the Simple Syrup*

1. Combine all syrup ingredients in a saucepan and simmer. Watch for the cranberries to pop—about 10 minutes.
2. Refrigerate the entire mixture overnight to chill and infuse.
3. Strain the ingredients by pressing the mixture through a mesh strainer (there will be cranberry seeds that make it through). If you want a completely clear syrup, line the strainer with cheesecloth.
4. Reserve the liquid syrup in a covered container and refrigerate until ready to serve.

### *Cranberry Temple*

- 2 tablespoons simple syrup (above)
- 1 craft cocktail cherry
- 1 orange slice
- 6 ounces sparkling lemonade or craft ginger ale

### *For the Cranberry Temple Mocktail*

1. When you're ready to make the mocktails, combine ice, syrup, and your beverage of choice in a highball.
2. Garnish with a craft cherry and a slice of orange.





# Sparkling Royale

**MAKES 16 MOCKTAILS | TOTAL TIME 20 MINUTES FOR SIMPLE SYRUP**

This rich-looking mocktail takes its inspiration from the Kir Royale. It's light and delicious to sip through any festive occasion.

## INGREDIENTS

### *Simple Syrup*

- 1 quart pomegranate juice
- 1 cup Naturipe® Cranberries, fresh or frozen
- 2 tablespoons fresh lime juice
- 3 1-inch piece of fresh ginger root, peeled and roughly chopped

- 5 star anise
- 2 tablespoons white sugar\*

### *Sparkling Royale*

- 2 tablespoons of simple syrup
- 8 ounces sparkling water\*\*

## DIRECTIONS

### *For the Simple Syrup*

1. Combine the simple syrup ingredients in a saucepan and simmer for about 10 minutes.
2. Allow the mixture to reduce by half. Taste and adjust sweetness if necessary. Remove from the heat and allow to cool.
3. Strain the ingredients by pressing them through a mesh strainer (there will be cranberry seeds that make it through). If you want a completely clear syrup, line the strainer with cheesecloth.
4. Reserve the liquid syrup in a covered container and refrigerate until ready to serve.

### *For the Sparkling Royale Mocktail*

1. Pour simple syrup into a champagne flute
2. Finish with sparkling water and garnish with a fresh cranberry or blueberry in the glass.

### Notes

\*Substitute honey or agave syrup for sugar.

\*\*Try different sparkling water flavors.





# Sparkling Bog

**MAKES 16 COCKTAILS | TOTAL TIME 24 HOURS, PLUS 5 FOR ASSEMBLY**

This is a festive-looking cocktail, perfect for sipping at any holiday party. The bright cranberries give the Prosecco a gorgeous burgundy color, which is just begging to be poured into a champagne flute.

## INGREDIENTS

### *Simple Syrup*

- 2 cups Naturipe® Cranberries, fresh or frozen
- 6 tablespoons fresh lemon juice
- 1 lemon, fresh, cut into quarters
- 2 cinnamon sticks
- 1 cup white sugar
- 1 cup water

### *Sparkling Bog*

- 2 tablespoons simple syrup
- 1 tablespoon pomegranate juice
- 6 ounces Prosecco\*

## DIRECTIONS

### *For the Simple Syrup*

1. Combine all syrup ingredients in a saucepan and simmer and watch for the cranberries to pop—about 10 minutes.
2. Refrigerate the entire mixture overnight to chill and infuse.
3. Strain the ingredients by pressing through a mesh strainer (there will be cranberry seeds that make it through). If you want a completely clear syrup, line the strainer with cheesecloth. Reserve the liquid syrup in a covered container and refrigerate until ready to serve.

### *For the Sparkling Bog*

1. Add the syrup and the pomegranate juice in a champagne flute and top with Prosecco.

### Notes

\*Substitute sparkling water for Prosecco for a mocktail option.

This can be made as a punch for a whole party! The ration is 2 cups simple syrup: 1 cup Pomegranate juice: 1 bottle Prosecco.





