PRESERVING FOOD SAFELY

Cranberries for Your Holiday Table

Janie Burney, PhD, RD Professor and Extension Nutrition Specialist Family and Consumer Sciences

Do jellied cranberry sauce and cranberries in a gelatin salad grace your holiday table each year? Try something new this year. Fresh cranberries used in relishes and salsas will add extra spice to your holiday table anc make delightful homemade gifts.

Cranberry Orange Chutney

Developed by the National Center for Home Food Preservation

This recipe yields about eight half-pint jars of jellied chutney.



Use chutney as a side dish or spooned over turkey, chicken or pork. It also can be basted onto a ham during cooking for added flavor.

YOU WILL NEED:

- 24 ounces fresh whole cranberries
- 2 cups chopped white onion
- 2 cups golden raisins
- 11/2 cups white sugar
- 1½ cups packed brown sugar
- 2 cups white distilled vinegar (5 percent)
- I cup orange juice
- 2 tablespoons grated orange zest
- 4 teaspoons peeled, grated fresh ginger
- 3 sticks cinnamon

DIRECTIONS

- Start by washing half-pint canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.
- 2. Rinse cranberries well. Combine all ingredients in a large pot. Bring to a boil over high heat; reduce

heat and simmer gently for 15 minutes or until cranberries are tender. Stir often to prevent scorching. Remove cinnamon sticks and discard.

- Fill the hot chutney into clean, hot half-pint jars, leaving ¹/₂-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims with a damp paper towel; apply two-piece metal canning lids.
- Process in a boiling water canner for 10 minutes (15 minutes if 1,001-6,000 ft altitude; 20 minutes if over 6,000 ft). Let cool, undisturbed, 12 to 24 hours and check seals.

Note: Other dried spices can be added to taste (for example, cloves, dry mustard, cayenne pepper). Add or adjust spices during the simmering period..

You can eat the chutney fresh, too. Just refrigerate after making, putting into clean storage containers with lids. It will continue to set up over the next 24 hours but is ready to eat once it is cooled down.

FAMILY & CONSUMER SCIENCES



Spicy Cranberry Salsa

Developed by the National Center for Home Food Preservation

This recipe yields six pint jars.



Try a spicy cranberry salsa at your next fiesta. This salsa can be used directly as a dip, stirred into cream cheese just before use to make a very different spread, or used as a side item to accompany any meat.

YOU WILL NEED:

- 6 cups chopped red onion
- 4 finely chopped large Serrano peppers*
- $\mathsf{I}^{1\!/_{\!2}}$ cups water
- $1\frac{1}{2}$ cups cider vinegar (5%)
- I tablespoon canning salt
- I I/3 cups sugar
- 6 tablespoons clover honey
- 12 cups (2³/₄ pounds) rinsed, fresh whole cranberries

DIRECTIONS

- Begin by washing canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.
- 2. Combine all ingredients, except cranberries, in a pot. Bring to a boil over high heat; reduce heat slightly and boil gently for five minutes.
- Add cranberries, reduce heat slightly and simmer mixture for 20 minutes, stirring occasionally to prevent scorching.

- 4. Fill the hot mixture into clean, hot pint jars, leaving ¹/₄-inch headspace. Leave saucepan over low heat while filling jars. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with damp paper towel and apply two-piece metal canning lids
- 5. Process in a boiling water canner for 10 minutes (15 minutes if 1,001-6,000 ft altitude; 20 minutes if over 6,000 ft). Let cool, undisturbed for 12 to 24 hours and check seals.

*Caution:Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.



AG.TENNESSEE.EDU

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.