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## Cranberry Apple Ginger Chutney for Thanksgiving & Beyond

NATURALLY DELICIOUS RECIPES • Janice Feuer-Haugen

Some people say it's the gravy. For me, it's the cranberries. Whether as sauce, relish, gel or chutney, it's the jewel-like cranberries that make the Thanksgiving meal. Their deep red color and sweet, tart lusciousness provide the just-right balance that brings all the parts of the meal together in a most harmonious whole.

Last year I changed our menu up a bit. I prepared a *Cranberry Apple Ginger Chutney*. We loved its deliciously complex blend of naturally tart cranberries and pungent fresh ginger sweetened with diced apple, a little honey and crystallized ginger. So much so that this year, too, a side dish of glistening chutney will again grace our holiday table, brightening both our palates and our plates.

### **Cranberries—a Superfood**

One of only three commonly cultivated fruits native to North America (along with blueberries and Concord grapes), nutrient dense cranberries are considered a superfood. Rich in phytonutrients, polyphenols, and antioxidants, cranberries offer a number of health benefits:

- Prevent and reduce the risk of urinary tract and bladder infections
- Act as a natural probiotic for gastrointestinal and oral health
- Inhibit the formation of kidney stones
- Decrease levels of total cholesterol
- Improve blood vessel function
- Aid in the recovery of stroke patients
- Can be used as a poultice for wounds as their astringent tannins contract tissues and help stop bleeding.

### **Retain the Pop**

When making Cranberry Apple Ginger Chutney,



cook half the cranberries in the beginning with all of the diced apples. The mixture thickens and the cranberries lose their shape. Then add the rest of the cranberries along with the remaining ingredients for the last few minutes of cooking. You get the best of both worlds: a richly flavored cranberry base with lots of whole cranberries for both texture and the satisfying pop and burst of flavor that whole cranberries offer.

### **Easy Mincing of Crystallized Ginger**

Using a knife to mince crystallized ginger starts off okay. But once the ginger begins sticking to the knife the process becomes a bit frustrating and tedious. Or, you can quickly mince the ginger an easier way using a food processor fitted with the S-blade.

With the processor running, drop the pieces of crystallized ginger all at once through the feed tube. Run the processor until the ginger is minced, about 30 seconds. The clump of minced ginger readily disperses once you stir it into the hot chutney.

*Continued on next page.*

## 9 Ideas for Enjoying *Cranberry Apple Ginger Chutney* beyond Thanksgiving

This delicious chutney adds bright flavor and color throughout the year:

1. As an appetizer with soft goat cheese or ripe brie and crackers and apple slices
2. Of course, with turkey or chicken sandwiches or wraps
3. Spread on one side of the bread of a grilled cheese sandwich
4. Layered with yogurt and toasted, chopped walnuts for a yogurt parfait
5. Heated and spooned over ice cream or Greek yogurt
6. As a condiment with an Indian meal
7. Spread on toast in place of jam
8. Blended into smoothies
9. By itself, on a spoon. ■

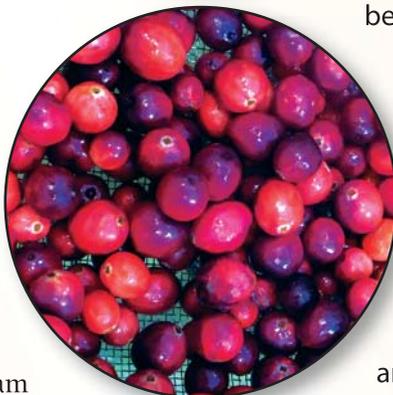
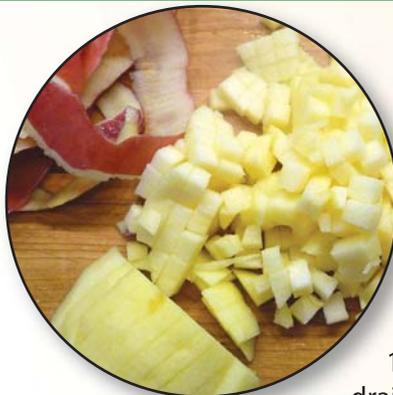
### *Cranberry Apple Ginger Chutney*

Prepare the chutney at least 3 days in advance to allow the vinegar to mellow. Adapted from a recipe in *Cook's Illustrated*.

**Makes 3 cups**

**Start-to-Finish: 35 minutes**

- 12 ounces (3 rounded cups) fresh or frozen cranberries
- 1 teaspoon coconut oil
- 3 tablespoons minced purple onion
- 2 teaspoons very finely minced fresh ginger
- 1/2 teaspoon salt
- 2/3 cup water
- 1/4 cup apple cider vinegar



- 1/2 cup light, local honey
- 1 cinnamon stick
- 2 cups cored, 1/4 -inch diced Fuji, Gala, Braeburn, or similar apples (1–2 apples)
- 1/3 cup minced crystallized ginger

1. Rinse the cranberries and let them drain. Discard any discolored or soft berries.
2. Heat the oil in a medium saucepan over medium heat. Stir in the minced purple onion. Cover the pan. Cook 1 minute.
3. Stir in the fresh ginger and salt. Cook for 2 minutes, stirring once or twice.
4. Mix in the water, vinegar, honey and cinnamon stick. Raise the heat so the mixture fully simmers (bubbles around the sides and the middle as well). Stir in half of the cranberries and the diced apple. Simmer for another 15 minutes. The mixture will thicken and the cranberries will lose their shape.
5. Fold in the remaining cranberries and the minced crystallized ginger. Cook at a full simmer for 5 minutes until the cranberries just burst.
6. For the vinegar to mellow, refrigerate Cranberry Apple Ginger Chutney for three days before serving.

7. **Cranberry Apple Ginger Chutney** can be stored in the refrigerator for about 3 weeks, or stored in the freezer for 6 months. ■

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