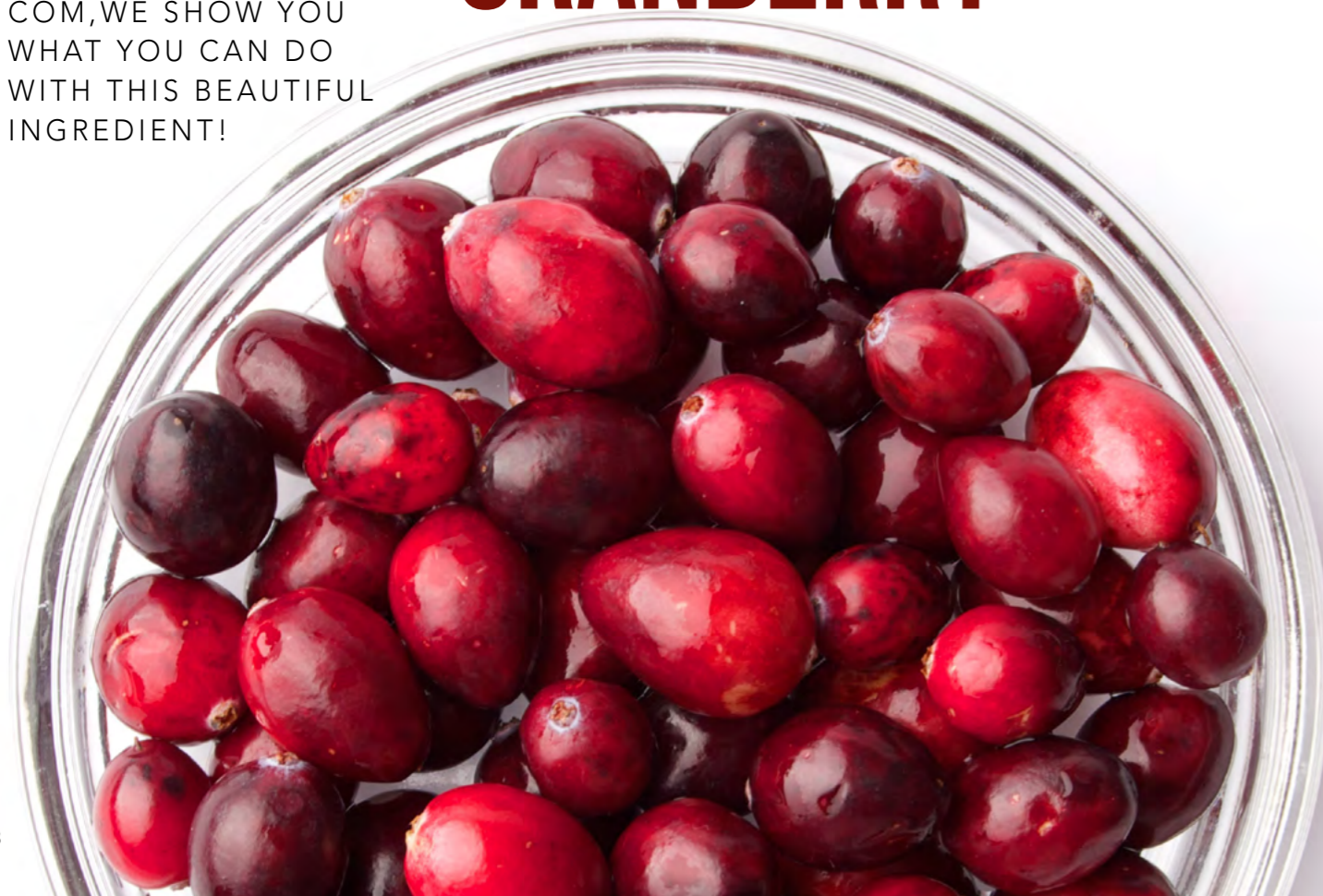


EVERY CHEF HAS THEIR CREATIVE CHALLENGES. ARE YOU LOOKING FOR A FRESH COMPONENT TO COMPLETE YOUR DISH? DO YOU WANT TO GIVE ONE OF YOUR MOST POPULAR STARTERS A UNIQUE TWIST? HAVE YOU BEEN TASKED WITH DEVELOPING A THREE-COURSE VEGETARIAN MENU? OR... THE QUESTION WE ASK OURSELVES IN THIS ARTICLE: WHAT COOKING TECHNIQUES CAN WE USE TO PREPARE CRANBERRY, TO SERVE THEM IN A MORE CREATIVE WAY? TOGETHER WITH GASTRONOMIXS.COM, WE SHOW YOU WHAT YOU CAN DO WITH THIS BEAUTIFUL INGREDIENT!

GET CREATIVE WITH... CRANBERRY



Cranberry and grapefruit granité



Cranberry catsup (ketchup)



Cranberry gel



Cranberry vinegar

BEGIN AT THE BEGINNING

To prepare and cook an extraordinary dish, you must begin by understanding the ingredient. Excellent ingredients will always be the starting point of any great recipe. To understand the ingredient, you should also know how and where it grows, when it is in season, what the structure of the ingredient is, and techniques for preparing it.

Gastronomixs.com provides all the essential information to the ingredient, as well as additional flavour and texture suggestions.

LOGICAL, SIMPLE, COMPREHENSIVE

Gastronomixs delivers its knowledge in the form of building blocks known as components. These components are preparations of one single ingredient that can form part of a dish. Serving as a tool for individual creativity, Gastronomixs recipes have been tested by a team of professional chefs. Whatever environment you are working in, Gastronomixs is there for all chefs to use. A personal online resource for research and development.

FACTS ABOUT CRANBERRY

- ▶ Cranberries are available in many different forms: fresh, dried, cooked, or as juice. Cranberries have a high degree of acidity that is only surpassed by that of lemons and limes. This degree of acidity means that cranberries should be prepared if they are to be enjoyed. Cranberries have a herbal fragrance and contain high levels of pectin which can quickly create a thick sauce when the cranberries are cooked. Cranberries may be among the healthiest fruits you can eat.
- ▶ Basic techniques: marinating, puréeing, fermenting, drying, confitting, preserving, ice cream.
- ▶ Taste combinations: game, veal, pistachio, orange, vanilla, apple, yoghurt, spices, red fruits, pâté, pumpkin, goat cheese, fowl.
- ▶ Cranberries are one of the few fruits native to North America. Others include the blueberry and Concord grape.
- ▶ Algonquin Indians were among the first to harvest wild cranberries. They used them for food, medicine, and as a symbol of peace.
- ▶ Cranberries have small pockets where air seeps into that allows them to float... and bounce!
- ▶ Cranberries are typically in season from October until December.

- ▶ Cranberries were used for more than eating. Cranberries were originally used to cure meat, heal wounds, and dye fabric.
- ▶ Cranberries have many health benefits such as preventing urinary tract infections, aiding in reducing the risk of cardiovascular diseases, and helping slow down tumor progression.
- ▶ Only about 5% of cranberries are sold fresh while the rest are turned into cranberry juice, sauce, etc.
- ▶ Americans consume 400 million pounds of cranberries each year. 20 percent are eaten during Thanksgiving week, that's 80 million pounds! More than 94% of Thanksgiving dinners include cranberry sauce.
- ▶ Cranberries can be stored in the refrigerator for up to one month, or in the freezer for up to nine months.
- ▶ American recipes containing cranberries date from the early 18th Century.
- ▶ Contrary to popular belief, cranberries do not grow in water. They are grown on sandy bogs or marshes. Because cranberries float, some bogs are flooded when the fruit is ready for harvesting.
- ▶ There are nearly 1,000 cranberry growers in America.

VENISON WITH CRANBERRY COMPOTE, TWO PREPARATIONS OF JERUSALEM ARTICHOKE, BEETROOT, CELERIAC AND RED PORT SAUCE

BEETROOT, CELERIAC AND RED PORT SAUCE



Red port sauce



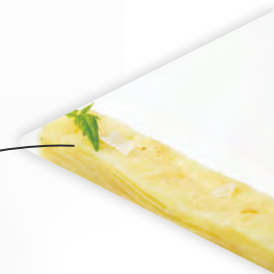
Beetroot roasted in sea salt



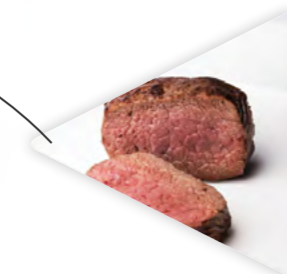
Cranberry compote with port and spices



Baked Jerusalem artichoke skins



Celeriac gratin



Pan-fried fillet of venison



Jerusalem artichoke smoked and cooked in hay

CRANBERRY COMPOTE WITH PORT AND SPICES

INGREDIENTS

- 1 kg cranberries
- 1 orange
- 1 lemon
- 1 lime
- 300 g brown caster sugar
- 350 ml red port wine
- 10 cloves
- 2 cinnamon sticks

PREPARATION METHOD

- Rinse the citrus fruits under cold running water.
- Grate the citrus peels with a microplane grater.
- Squeeze the juice from the citrus fruits and pour into a pot together with the zest and the rest of the ingredients.
- Bring all the ingredients to the boil and gently simmer for about fifteen minutes.
- Remove the cloves and the cinnamon sticks.

SERVING SUGGESTIONS

- As an accompaniment to classic game and poultry dishes.
- As a component in a starter with game pâté.
- As a component in a cheese dish made with goat's cheese.

If you are curious to discover how Gastronomixs can inspire you, you can take out a free two-week account to give the platform a decent test-drive! More than 24,000 chefs are already using this online tool which contains thousands of recipes from cuisines from around the world.

Go to [Gastronomixs.com](https://www.gastronomixs.com) and be inspired!