

Show #57. Crazy for Cranberries

Braised Turkey with Cranberry Salsa

4 boneless skinless turkey breasts
salt and fresh ground pepper
2 tbsp olive oil
4 garlic cloves, halves
½ c dry white wine, such as fume blanc, sauvignon blanc or chardonnay (optional)
1 ¾ c chicken stock or reduced sodium canned broth
2 tbsp chopped fresh parsley, plus more for garnish

Sprinkle turkey breasts with ¼ teaspoon each salt and pepper. :Heat 1 tablespoon oil in a large skillet over high heat. Add turkey; cook until lightly browned, 2-3 minutes per side. Transfer to a plate.

Add remaining tablespoon of oil to hot skillet. Add garlic, and 1/4 teaspoon salt. Cover and cook 2-3 minutes.

Pour wine, if using, into skillet; cook, stirring, until evaporated, 1 minute. Add stock and parsley; cook over medium high heat until mushrooms are tender and liquid has reduced, 8 to 10 minutes.

Return turkey to skillet, Cover; simmer over low heat until turkey is cooked through, 10-12 minutes. Garnish with additional fresh parsley.

Cranberry, Orange and Cilantro Salsa

Here, the classic cranberry sauce becomes a salsa. The traditional ingredients – cranberries and orange- are enhanced with decidedly untraditional ones, such as a poblano chili and cilantro.

1 red bell pepper
1 fresh poblano chili
½ c sugar
¼ c orange juice
2 c cranberries, coarsely chopped
¼ c chopped toasted hazelnuts
2 tablespoons grated orange peel
1/3 c chopped fresh cilantro

Char red bell pepper and fresh poblano chili over gas flame or in broiler until black on all sides. Enclose pepper and chili in a paper bag and let stand 10 minutes to steam. Peel, seed and chop pepper and chili.

Mix sugar and orange juice in heavy large saucepan over medium heat, stirring until sugar dissolves. Remove from heat. Mix in chopped cranberries. Transfer mixture to large bowl. Cool to room temperature. Mix roasted pepper and chili, chopped hazelnuts and grated orange peel into salsa. (Can be prepared 1 day ahead. Cover and refrigerate.)

Mix in cilantro into salsa. Season to taste with salt and pepper.

Makes 2 ½ cups.

Spiced Cranberry Soup

1 lb fresh cranberries (4 cups)
1 large cinnamon stick
½ to ¾ c sugar (depending on tartness of cranberries)
1 c evaporated skim milk
Scant sprinkle of salt
¼ c plain low fat yogurt
Nutmeg

Place cranberries and cinnamon stick in large saucepan. Add water to level about ½ inch above the berries. Heat to a boil at medium heat; reduce heat and simmer until cranberries are very tender and begin to fall apart. Remove cinnamon stick. Let mixture cool.

Pour cooled cranberry mixtures into a blender. Puree slowly adding sugar to taste. Strain. Place cranberry mixture, evaporated milk and salt in saucepan; reheat to just under a boil.

Serve hot or cold. To serve, top with a tablespoon of yogurt and a dash of nutmeg.