

Raisin Cranberry Sauce

A RECIPE BY DIVYA ALTER, WHAT TO EAT FOR HOW YOU FEEL" PG 189

ingredients

- 1/2 tsp cumin seeds
- 1/8 tsp peppercorns
- 3/4 cup dried cranberries
- 1 TBSP olive oil
- 4 black cardamom pods, slightly crushed
- 2 green thai chilis, seeded
- 1 bay leaf or 4 curry leaves
- 3/4 to 1 tsp soma salt
- 1/2 tsp masala spice
- 1/2 cup golden raisins
- 1/4 cup Thompson raisins or 5 pitted prunes
- 1 tsp fresh lime juice

directions

- Grind cumin and peppercorns into powder
- Combine 1 1/2 cup water, ground cumin and peppercorn, cranberries, olive oil, cardamom, chilies, leaves, salt and masala into saucepan. Bring to a gentle boil on medium heat. Then reduce to a simmer and cook uncovered for 10 mins.
- Add raisins and simmer for another 10-15 mins. Cranberries will become mushy and raisins, soft and plump. Set aside to cool.
- Remove cardamom pods.
- Blend mixture in blender till smooth.
- In serving dish, add lime juice.
- Serve warm or room temperature.



Tamarind Cranberry Chutney

A RECIPE BY SVA, VAIDYA MISHRA

ingredients

- 2 oz sweet thai tamarind, removed meat from pods and pits
- 6 oz spring water
- 2 oz cranberries
- 1 tsp Ghee
- 1/2 tsp cumin seeds
- 1/2 tsp olive oil
- 2 cardamom pods
- 1 tsp Masala spice
- 2 green thai chilis
- 1 tsp soma salt
- 1 TBSP chopped cilantro leaf
- 2 limes, juiced

directions

- Soak tamarind pulp in hot spring water overnight.
- Add all ingredients (less cilantro and lime) to tamarind and water.
- Bring ingredients to a boil, then simmer covered for at least 5 minutes.
- Remove from heat and allow chutney to cool.
- Add cilantro and lime juice before serving at room temperature.



Cranberry Chutney

A RECIPE FROM LORD KRISHNA'S CUSINE - THE ART OF INDIAN VEGETARIAN COOKING PG 406

ingredients

- 3 inch cinnamon stick
- 3-4 whole green cardamom pods, crushed
- 1 tsp whole cloves
- 1-2 thai chilies
- 3 inch slice of orange zest
- 1 1/2 cup white grape juice or spring water
- 3/4 cup raw sugar or maple syrup
- 1/2 cup pitted dates, sliced
- 1 pound cranberries

directions

- Tie cinnamon, cardamom, cloves, chilies and orange zest inside some cheesecloth, making a pouch.
- Combine juice/water, sweetener, dates and spice pouch into saucepan. Cook over moderate heat, dissolving the sugar.
- Reduce to low heat and simmer for 1/2 hour.
- Remove spice pouch and squeeze juices back into pan.
- Add cranberries and cook for 7-10 minutes, until the berries pop.
- Serve at room temperature.

