

*Cranberry Cooking*  
*For All Seasons*

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*Cranberry Cooking*  
*For All Seasons*

by  
*Nancy Cappelloni*

*Spinner Publications, Inc.*  
New Bedford, Massachusetts

## *Acknowledgments*

To my husband, Bob, and to my daughters Lauren, Lisa and Dana for your continued encouragement, constant caring and for enjoying all the cranberry dishes I prepared for you.

I would like to recognize, with sincerest thanks and gratitude:

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UMass Cranberry Experiment Station

*Special Thanks to*

# The Cape Cod Cranberry Growers' Association

*for their generous support*

The Cape Cod Cranberry Growers' Association is one of the oldest farmers organizations in the country. Established in 1888 to standardize the measure with which cranberries are sold (the 100 lb. barrel), it has become one of the leading agricultural organizations in Massachusetts. In 1888 the Association's mission was "to promote the interest of its members in whatever pertains to the growth, cultivation and sale of cranberries."

Although a great deal has changed in cranberry farming since the Association began, today's cranberry growers still face many challenges. Through a unified voice the CCCGA works to promote the cranberry industry through active grower volunteer committees in Public Relations and Promotions, Government Affairs, Research and Environmental Affairs.

The CCCGA has a professional staff that assists growers in solving everyday problems, offering assistance in regulatory compliance, sponsoring professional development seminars and organizing association activities such as the Massachusetts Cranberry Harvest Festival every Columbus Day weekend. The CCCGA also operates a frost warning system. In the event of frost danger, cranberry grower members are notified by a personal phone call or through access to a special code-a-phone.

The CCCGA has invested over \$500,000 in cranberry research to help improve the efficiency and environmental compatibility of cranberry farms. Over 450 cranberry farmers belong to the CCCGA today. Membership in CCCGA is voluntary and based on a per barrel assessment.

Through continued grower support, CCCGA is working to ensure that cranberry farming can survive urbanization and that open space and clean water, vital to cranberry growing, will be preserved.



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## THE FIRST THANKSGIVING

In England, the Pilgrims' tradition was to celebrate a successful harvest by holding religious observances and feasting. They combined the importance of family, church, prayer, feasting and charity. In the autumn of 1621, they planned to celebrate their good fortune and plentiful harvest with a thanksgiving feast. This celebration came to be known as the First Thanksgiving.

There is much we don't know about that first Thanksgiving in Plymouth, but we do know this: Thanks to the Wampanoag, the Pilgrims had harvested enough food by the fall of 1621 to last through the winter, and their health had improved. In his 1622 book of letters, Edward Winslow wrote: "Our corn did prove well, and God be praised..." They were living comfortably in their homes and had built a church. "I never in my life remember a more seasonable year than we have here enjoyed...I make no question but men might live as contented here as in any part of the world...give God thanks who hath dealt so favorably with us."

Captain Miles Standish, the leader of the Pilgrims, invited Squanto, Samoset, Massasoit and "ninety men" to join in the celebration with 52 Pilgrims. "We have found the Indians very faithful in their covenant of peace with us, very loving and ready to pleasure us. We often go to them, and they come to us...We entertain them familiarly in our houses, and they as friendly bestowing their venison on us."

The Indians included sachems, or council members, from the villages allied with Massasoit, and representatives from each of the Wampanoag villages. For three days the Wampanoag feasted with the Pilgrims, a special time of friendship and camaraderie, though the invitation to the Wampanoag may have been more of a political gesture than an offer of peace and friendship.

Edward Winslow accounts: "Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together after we had gathered the fruit of our labors. They four in one day killed as much fowl as, with a little help beside, served the company almost a week. At which time, amongst other recreations, we exercised our arms, many of the Indians coming amongst us, and among the rest their greatest, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five deer; which they brought to the plantation and bestowed on our governor; and upon the captain and others. And although it be not always so plentiful as it was at this time with us, yet by the goodness of God, we are so far from want that we often wish you partakers of our Plenty."

*Re-enactment of First Thanksgiving, Plimoth Plantation, 1962.*



*Spinner Collection*

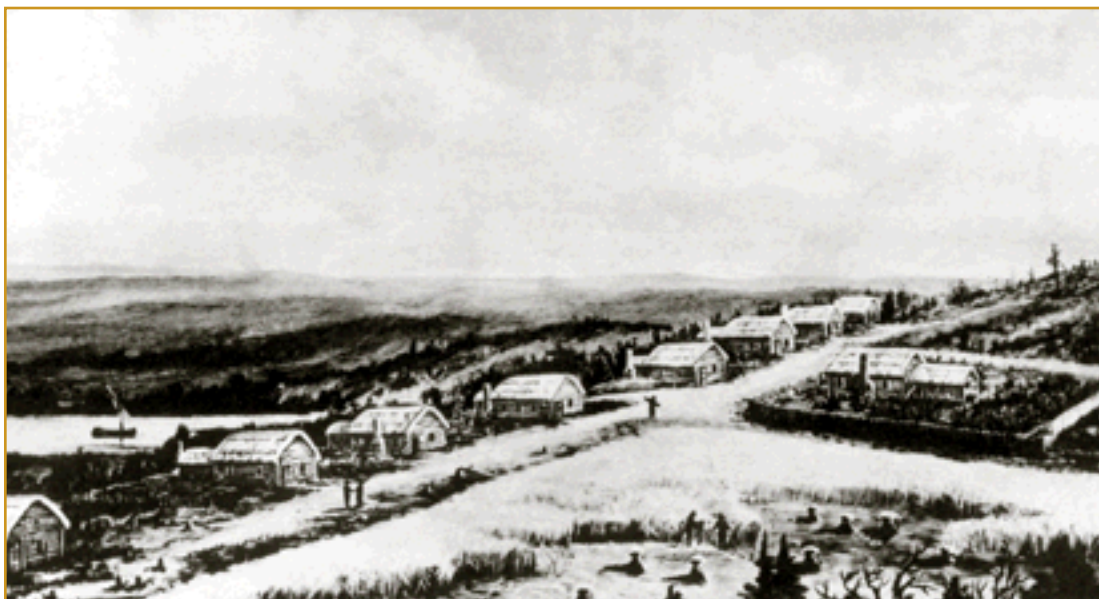


The second source documenting the First Thanksgiving is from the book, *Of Plymouth Plantation*, by William Bradford, 1620-1647. "They began now to gather in the small harvest they had, and to fit up their houses and dwelling against winter, being all well recovered in health and strength and had all things in good plenty. For as some were thus employed in affairs abroad, others were exercised in fishing, about cod and bass and other fish, of which they took good store, of which every family had their portion. All the summer there was no want; and now began to come in store of fowl, as winter approached, of which this place did abound when they came first (but afterward decreased by degrees). And besides waterfowl there was great store of wild turkeys, of which they took many, besides venison, etc. Besides, they had about a peck a meal a week to a person, or now since harvest, Indian corn to that proportion. Which made many afterwards write so largely of their plenty here to their friends in England, which were not feigned but true reports."

No specific date is given for the celebration, but it was between September 21, 1621, when the *Shallop* returned from Massachusetts Bay, and November 9, when the *Fortune* arrived with settlers from England.

Today Thanksgiving is a particularly American holiday with a full table of turkey, stuffing, cranberry sauce, pumpkin pie and the enjoyment of friends and family, football and parades. At the start of their Thanksgiving feast, many people take a moment to give thanks for nature's bounty, and for the things in their lives for which they are truly grateful.

*"Plymouth in 1622." In this late 19th-century painting, the houses appear a little too large, and the landscape too well-trimmed; but the overall size of the settlement appears accurate.*



*Painting by W. L. Williams, 1891*

## THE GUEST LIST

The *Mayflower* passengers celebrating Thanksgiving included sixteen men, four women, twenty-three children and nine hired seamen and servants. Only about half of those who left England in 1620 lived through the first winter. Guests included John Alden, Isaac, Bartholomew, Remember and Mary Allerton, John, Elinor, John Jr. and Francis Billington, William Bradford, William and Mary Brewster and Love and Wrestling Brewster, Peter Browne, Carver's maid-servant, Mary Chilton, Francis and Humility Cooper, John Crackstone, Edward Dotey, Francis and Samuel Eaton, Ely, Samuel and Samuel Fuller, Jr., Richard Gardiner, Stephen, Elizabeth, Constance, Giles, Damaris and Oceanus Hopkins, John Howland, William Latham, Edward Lester, Desire Minter, Richard Moore, Priscilla Mullins, Joseph Rogers, Henry Sampson, George Soule, Myles Standish, Elizabeth Tilley, William Trevore, Richard Warren, Resolved and Peregrine White, Edward Winslow, Susanna (White) Winslow, and Gilbert Winslow.

What foods were included in the first Thanksgiving feast? Food included waterfowl—ducks, geese and swans—also wild turkeys, Indian corn and cornmeal, probably in corn bread or corn pudding. Cod, bass and other fish may have included clams, oysters, lobsters, crabs, mussels, scallops, herring, skate, turbot and eels. The Wampanoag brought five deer to the feast.

The meats were most likely roasted or boiled in the traditional English way, and the fish either boiled or grilled in the Indian style. The foods would have been prepared in a simple manner

*"The First Thanksgiving." The settlers' first celebration of thanks has been a bit over-dramatized and romanticized by artists and historians.*



*Painting by Jennie Brownscomb, 1914, in the collection of the Pilgrim Society, Plymouth, MA*



*Plymouth Plantation Thanksgiving, 1962. — Spinner Collection*



*Harvest display, Westport, MA Fair. — John K. Robson photograph*

in order to feed all of the guests. Many of the wild fruits were no longer in season though some may have been preserved and served. Winslow notes: “Here are grapes, white and red...strawberries, gooseberries, raspas (raspberries)...Plums of three sorts, with black and red.”

Walnuts, chestnuts, hickory nuts, and cherries also grew wild in the area. Edible plants picked during the winter might have been served at that table. “Many kinds of herbs we found here in winter, as strawberry leaves...sorrel, yarrow, carvel, brooklime, liverwort, watercresses...leeks and onions...”

The herbs were either boiled along with the meats as “sauce” or used in “sallets,” a vegetable dish served raw like a salad or cooked. The first crop of barley survived and provided the colonists with malt for beer. Children drank beer along with the adults. Beans, pumpkins and squash, important crops for both Indians and settlers were probably cooked and served with spices the English brought over with them.

What foods were *not* served at the First Thanksgiving feast? The first planting of English seeds may not have grown abundantly the first year, including carrots, turnips, parsnips, cabbage, onions, radishes, beets, lettuce, skirrets and melons. According to Mr. Winslow, “...our pease not worth the gathering, for we feared they were too late sown. They came up very well, and blossomed, but the sun parched them in the blossom.” Sweet potatoes, yams, potatoes, apples and sweet corn were not yet available in early New England. The corn grown by the colonists and Indians was a flint variety, which was good for grinding into cornmeal. Pumpkin pie would not have been served, as sugar was not available. Maple syrup would have been scarce and pie crusts made of flour would not be on the table because of the lack of wheat. Tea and coffee were not used in England or known to the Pilgrims at this time.

Neither Mr. Winslow nor Mr. Bradford mentioned cranberries in their accounts of the first Thanksgiving. However, Mr. Winslow noted there were numerous edible plants “and vines everywhere” growing in Plymouth, some unfamiliar to the English.

## THANKSGIVING THROUGH THE YEARS

So how did pumpkin pie, cranberry sauce, and turkey with stuffing become synonymous with Thanksgiving? They most likely came later. The next recorded Thanksgiving was called by Governor Bradford on July 26, 1623, a religious day to give thanks for an end of a drought. On February 22, 1631, settlers of Massachusetts Bay Colony in Boston celebrated the arrival of the ship, *Lyon*, with a day of prayer and thanksgiving. On September 18, 1639, the governor of Connecticut made a proclamation calling for an annual thanksgiving for “general causes,” to thank God for the safety of the colony and the bounty of the season. This became a seasonal custom, though the day was never the same; it came as an announcement by the governor. This custom spread throughout other parts of New England and continued for many years, even though the political picture in New England was changing during the mid-1700s.



*Frontispiece from 17th-century English cookbook.*

On November 1, 1777, the Continental Congress called for a day of Thanksgiving and all thirteen colonies participated to celebrate the defeat of the British. Other Thanksgivings were called by the Continental Congress in 1778 and 1783 to celebrate political victories and the end of the Revolution. In November of 1789, after much encouragement and debate over the separation of church and state, George Washington, the nation’s first president, proclaimed a day of thanksgiving and asked for “All citizens of all religions and all denominations” to celebrate the well-being of the United States.

No days of Thanksgiving were celebrated for eight years when John Adams, who followed Washington, was in office. Thanksgiving returned with President James Madison who called for a national day of prayer and Thanksgiving at the end of the War of 1812. After Madison’s term in 1815, Thanksgiving did not receive national recognition, though some individual New England states continued their own Thanksgiving traditions.

In 1846, Sarah Josepha Hale, editor of *Lady’s Magazine* and later *Godey’s Lady’s Book*, petitioned several presidents to make Thanksgiving a national, annual event. In 1863, President Abraham Lincoln called for a day of Thanksgiving to be held on August 6. In response to Ms. Hale’s petition, Mr. Lincoln called for a national Thanksgiving Day to be held on the last Thursday in November and Thanksgiving became a national event.



*Gold leaf engraving on the cloth cover of Eastman: The Cranberry and its Culture, 1856.*

## Simple Cranberry Sauce

*There are many delicious cranberry variations to be discovered. Conserves, preserves and sauces all start with fruit, sugar and liquid and require a short period of cooking. They can be stored in sterilized jars and sealed or enjoyed within a couple weeks. Just as the Native Americans, new settlers and Shakers utilized ingredients seasonally available to them, you can add to cranberries any fruits available fresh or frozen throughout the year. Add more sugar to taste if you prefer a sweeter sauce.*

### BASIC INSTRUCTIONS:

Combine selected fruit and cranberries and place in a large saucepan. Add sugar to taste, usually 1–1½ cups for every 12-ounce bag of cranberries (about 3 cups) or 2 cups for every pound of cranberries (about 4 cups). Add liquid such as water or fruit juice (between ½ to ¾ cup liquid for every 3 cups of fruit). Bring to a boil and simmer for 15 minutes or until liquid has reduced and the fruit has thickened. Cool completely before using or storing.

Store sauces in the refrigerator in tightly sealed jars or containers for up to two weeks. The sauces can also be frozen.

## Traditional Cranberry Sauce

MAKES ABOUT 2½ CUPS

¾ cup water  
1½ cups sugar  
One 12-ounce bag of  
fresh or frozen cranberries  
(about 3 cups)

*This recipe has been written in various forms since the 1930s. It was originally called "Ten-Minute" Cranberry Sauce by the Eatmor Cranberry Company. It hasn't changed a bit, except now it can be made easily in the microwave oven, as well.*

Put all ingredients into a 2 quart pan. Boil gently for about ten minutes, or until all the cranberries have popped open. The sauce will be a little watery. Cool. Sauce will thicken as it cools. For one pound of cranberries, use 1¼ cups water and 2 cups sugar (sweeten to taste).

### MICROWAVE INSTRUCTIONS:

In a glass or microwave safe bowl, put in all the ingredients. Cover with plastic wrap. Cook on HIGH for 4 minutes. Stir. Cook on HIGH for 3 minutes. Stir. If the cranberries have not all popped open, continue to cook for another minute or two. Cool. Sauce will thicken as it cools.

Add more sugar to taste if you prefer a sweeter sauce.

## Couscous with Dried Cranberries, Pine Nuts and Fresh Mint

SERVES 6

- One 12-ounce package  
couscous
- One 14-ounce can chicken or  
vegetable broth
- Pinch of salt
- 3 tablespoons walnut, almond  
or olive oil
- 1 teaspoon fresh lemon juice
- $\frac{3}{4}$  cup dried cranberries
- $\frac{1}{2}$  cup pine nuts
- $\frac{1}{3}$  cup fresh mint leaves



*Couscous with Dried Cranberries*  
(photo page 76)

*Serve as a delicious side dish with lamb, poultry, or fish.*

Cook the couscous according to the package directions, using broth instead of water. Add a pinch of salt to the broth.

While it is cooking, roast the pine nuts in a very low (250°) oven for 10 minutes or until lightly browned. Wash and finely chop the mint leaves. When the couscous has finished cooking, drain any excess liquid. If more liquid is needed to cook the couscous, add water, a little at a time. Pour the couscous into a serving bowl. Add the oil and the lemon juice. Stir well to coat all the grains. Add the cranberries, pine nuts and mint leaves. Stir to combine all the ingredients. Serve immediately.

## Wild Rice with Dried Cranberries and Roasted Pecans

SERVES 6-8

- 4 cups cooked wild rice
- $\frac{1}{4}$  cup walnut or olive oil
- 2 tablespoons orange juice
- 2 tablespoons raspberry  
vinegar
- 4 scallions, diced
- $\frac{1}{2}$  teaspoon salt
- Grated zest of one orange
- $\frac{3}{4}$  cup dried cranberries
- $\frac{3}{4}$  cup oven roasted pecan  
pieces

*This is a delicious side dish for pork, poultry or fish.*

In a serving bowl add all the ingredients to the wild rice, stirring after each addition. Let stand for a few hours or overnight. Keep refrigerated if stored overnight. Serve at room temperature.

*Thanksgiving greeting card, circa 1925*



*Nancy Cappelloni*

Acorn Squash with Cranberry Filling (page 63)



Tim Sylvia photograph

Muscovy Duck Breasts in Sherry, Port and Cranberries (page 90)



Tim Sylvia photograph



*Muscovy Duck Breasts... (photo page 72)*

## Muscovy Duck Breasts in Sherry, Port and Cranberries

MAKES 4-6 SERVINGS

**2 pounds boneless Muscovy duck breasts (3-4 breasts; if breasts are large, halve, and trim any excess fat and skin)**

**3 tablespoons medium dry Sherry**

**3 tablespoons dark Soy sauce**

FOR THE SAUCE:

**1 cup chicken broth**

**½ cup plus 2 tablespoons sugar**

**2 cups whole fresh or frozen cranberries**

**½ cup Port wine**

Score the duck breasts by making several diagonal cuts in the skin, being careful not to go through the meat. Place the duck in a glass baking dish. Mix the Sherry and Soy and pour over the duck, turning the breasts to coat all sides. Cover and refrigerate at least 2 hours or overnight.

In a medium saucepan combine the chicken broth, sugar and cranberries. Cook over medium low heat about 10 minutes or until the berries have popped and the sauce has begun to thicken. Add the Port and simmer for 5 more minutes. Keep warm.

Remove the duck from the marinade. Heat a large skillet, frying pan or Dutch oven. Cook the breasts on medium heat, skin side down, until the skin begins to get crispy, about 10 minutes. Turn the breasts over and continue to cook, browning the other sides, for 5-10 minutes or to desired doneness and until the skin is crispy. Transfer the duck to a plate covered with paper towels, and keep warm. To serve, place a duck breast on each plate and spoon some of the *Cranberry-Port* sauce over each piece. Serve with roasted potatoes, wild rice or other grain.

*An old village of bog houses In South Carver, MA is left to the ages. Throughout the first half of the 20th century, these small shacks housed migrant workers harvesting the bogs from September to November. Although most shacks were designed to house 1-4 people, accounts from 1911 show that as many 12-15 men were packed into a single dwelling (National Child Labor Commission).*



*John K. Robson photograph*



## California Cranberry Berry Smoothie

MAKES 2 SERVINGS

- 1 banana
- 1 cup frozen raspberry low-fat yogurt
- $\frac{2}{3}$  cup cranberry juice
- $\frac{1}{2}$  cup frozen blueberries
- $\frac{1}{2}$  cup frozen raspberries



Smoothie  
(photo page 79)

- 8 fresh limes, halved
- 4 cups water, boiled
- $\frac{3}{4}$  cup granulated sugar
- pinch of salt
- 2 tablespoons frozen cranberry juice concentrate
- 6-8 lime slices for garnish
- Fresh mint leaves for garnish

*There are many ways to make a smoothie. Experiment with different ingredients until you find the right combination. Try this version for a start:*

Combine all ingredients in a blender. Blend. Try using frozen bananas, mango or blackberries and different flavors of frozen yogurt or sherbet.

## Cranberry Thai Limeade

SERVES 6-8

Squeeze the juice from the limes. Set the juice and the lime rinds aside. Pour the boiling water into a bowl. Add the sugar and salt. Stir well to dissolve. Add the lime rinds and let the mixture stand for 10 minutes. Squeeze the remaining juice from the rinds into the sugar water and discard the rinds. Pour the water through a sieve into a pitcher. Add the reserved lime juice and the cranberry concentrate. Stir well. To serve, fill a tall glass with ice and limeade. Garnish with lime and a sprig of mint.

## Spiced Cranberry Tea

MAKES 4 SERVINGS

- 2 cups brewed black tea
- 2 cups cranberry juice
- 2 teaspoons sugar
- 4 cinnamon sticks
- 4 slices orange

*This tea is delicious served either steaming hot in a mug or cold over ice as a refreshing iced tea.*

In a 2 quart saucepan, combine the tea, cranberry juice, sugar and cinnamon sticks. Simmer for five minutes. Pour the tea into 4 glasses or mugs. Serve with a slice of orange and cinnamon stick floating in the tea. Serve hot or chilled over ice.

### MICROWAVE DIRECTIONS:

Combine the tea, juice, sugar and cinnamon in a microwave safe bowl or pitcher. Heat on HIGH for three minutes. Serve as directed.



Counter-top, display ad for cranberry juice, circa 1940.  
— Ocean Spray Cranberries.

## Spiced Cranberry Cider

MAKES 8-10 SERVINGS

Combine all the ingredients in a 4-quart pot or kettle. Simmer for 5 minutes, stirring continually. Serve hot in mugs garnished with a cinnamon stick.

4 cups apple cider  
4 cups cranberry juice  
1 teaspoon whole cloves  
3 cinnamon sticks  
¼ cup packed brown sugar  
8-10 cinnamon sticks for serving

## Cranberry Spritzer - Non Alcoholic

MAKES A SINGLE SERVING

Add 2 tablespoons frozen concentrate cranberry juice to 6 ounces chilled club soda. **Or**, add ½-cup chilled cranberry juice cocktail to ½ cup chilled club soda. Garnish with a slice of lemon or lime.

2 tablespoon frozen  
concentrate cranberry  
juice, thawed  
6 ounces chilled club soda  
Garnish, lemon or lime

— John Burton, School of Bartending Santa Rosa, CA

*There are 44,000 cranberries in one gallon of cranberry juice!*

*If you strung all the cranberries produced in North America this year, they would wrap around the earth about forty-five times!*

## Mango Cranberry Indian Lassi

MAKES THREE 6-OUNCE SERVINGS

*Lassi is a simple drink made from yogurt. This nutritious Indian yogurt drink may be the original smoothie. Lassis are enjoyed throughout India. They are especially refreshing on hot summer days. The Lassi in Northern India is flavored with salt and pepper. Try this sweet and tart Lassi on a warm day or as a festive addition to a lunch or Sunday Brunch..*

Place yogurt, mango, cranberries, water, honey or sugar and lemon juice in a blender. Blend until the ingredients are fully combined. Add the ice cubes and continue blending until the Lassi is nice and frothy.

1 cup (8 ounces) plain yogurt  
½ cup mango pulp (fresh is best but canned or frozen chunks may be used)  
⅓ cup whole cranberries  
½ cup cold water  
5 tablespoons honey or sugar\*  
1 tablespoon lemon juice  
4 ice cubes

— Drew Spangler, Mill Valley, CA and  
Rekha Dutt, Tiburon, CA and Calcutta, India

*\*You can use both honey and sugar. Honey will give the Lassi a distinct flavor. For tart Lassi lovers, use sugar, and reduce it to 3 tablespoons. For sweet Lassi lovers, increase the sugar or honey to 6 tablespoons.*