



11 - WINTER - 2021

“LETTUCE”

(Let Us)

Report

- ◆ “Winter Cold” Specials
- ◆ *Let’s Dig In: Cranberries 101*
- ◆ Seasonal & Delicious Recipe



Winter -“When snow falls, nature listens”

December 21st

March 20th

Antoinette Van Kleeff quoted the phrase above, and she could not be more accurate. With each in their own way, all fauna and flora aligns with the winter time. Some things are reactive to this season while others proactive, through history and experience, knowledge is passed to new generations ensuring continued life and future crops and generations. Fruit and vegetables are not an exception. Most go dormant and the ones that can handle the low temperatures and reduced sun light remain active. Winter is special, just as the seasonal ingredients we can find during this time.



Winter specials

How can we bring them in?

A long time ago, restaurants came up with “specials” to accommodate seasonal ingredients into special menu dishes and captivate guests palates. Winter is unique as there are fewer items to pick from and in some circumstances customers get more reluctant to go out when weather invites them to stay home. **So how can we bring them in?**



Every region and city is different. It is important to identify why customers would prefer to stay at home. It might be weather related: snow, ice, chili wind, rain, or getting dark too early. Also these days there are of course health concerns: flu, or the new even more contagious than ever coronavirus? Not to mention, family and friendly reunions, left overs from the holidays and just enjoying the peace away from the fast paced environment. In the past edition we talked about AMBIENCE. It is extremely important to change your ambience in winter; as much as you can do to mirror how your cozy home looks like this time of the year, **but having “winter specials” is a must.**

We all like to be spoiled, but in Winter we want to be cozy and take that to the next level and when the temps start dropping we always welcome a good hot soup. Stew dishes or creamy sauces are great options as well. On a sweeter note Hot Chocolate does the trick, but why not to spice it up a bit? It's a great season to add some holiday flavor: Nutmeg-Cinnamon Martini anyone?



Cranberries

With a foundation of low creeping shrubs, wiry stems with small evergreen leaves. Light to dark pink flowers that are bee pollinated. With fruit larger than the leaves of the plant, the fruit begins turning green and transitions into an intense red when ripe. Although they are not pleasant to many due to the acidic taste overwhelming the sweetness, it is a holiday staple. Due to this particular difficult and natural taste, most cranberries are processed into a jam, sauce, juice or sweet dried.



Nutrition facts

Fresh cranberries are nearly 90% water, but the rest is mostly carbs and fiber. 1 Cup raw, unsweetened cranberries contain:

Vitamin C.: one of the predominant antioxidants in cranberries. It is essential for the maintenance of your skin, muscles, and bone.

Manganese: essential for growth, metabolism, and your body's antioxidant system.

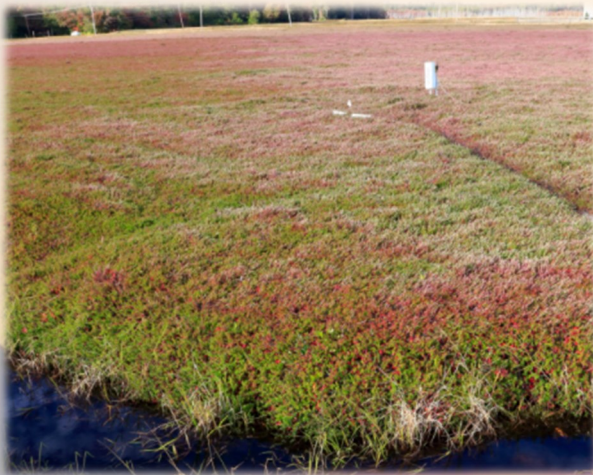
Vitamin E.: essential fat-soluble antioxidants.

Vitamin K1.: essential for blood clotting.

Copper.: Inadequate copper intake may have adverse effects on heart health.

Amazing harvest process

Today's cranberry beds are constructed in upland areas with a shallow water table. The topsoil is scraped off to form dykes around the bed perimeter. The surface is laser leveled flat to provide even drainage. Beds are frequently drained with socked tile in addition to the perimeter ditch. Irrigation equipment is installed in the bed to provide irrigation for vine growth and for spring and autumn frost protection. During the growing season cranberry beds are not flooded, but are irrigated regularly to maintain soil moisture. Beds are flooded in the autumn to facilitate harvest.



Cranberries in the Kitchen

The fun part

Cranberries have been famous many, many years which correlates to the fact that there are an excessive number of recipes utilizing this interesting commodity. The majority of the applications are in the pastry area, or as sweet and sometimes sour sauce, jelly, or juice. Very few recipes use natural plain fruit due to its tart / sour taste. Below ill be sharing with you 2 recipes that are very simple yet perfect for the upcoming holidays.

Sugared Cranberries

INGREDIENTS

- 2 cup. — Sugar, refined
- 2 cup. — Cranberries
- 1 oz — Mint sugar crystals



DIRECTIONS

Combine 1 cup of water with 1 cup of sugar. Bring to a simmer until sugar dissolves. Let it cool.

Once syrup is cold, dip in your cranberries. Grab them with a slotted spoon and let them set on a cooling rack to drain. Take them and roll over the remaining sugar to coat. Sprinkle on top the mint sugar crystals.

Not only look amazing, these look amazingly tasty, or...tastily amazing?

TIP: reserve the syrup for another batch, or to make a drink, jam or sweet sauce.



Cranberry Royal

Kir; Bourgogne Aligote White Wine and Crème De Cassis (black currants liqueur) was first done back in the very early 1900s at the Café George in Dijon France. Kir Royal is then made with Champagne or any sparkling white wine.

It is important if using Champagne to look for a Brut or Extra Brut one. And if Sparkling white wine not only as dry as possible but also a none oak aged one.



42 Rue de Montchapet, now Café Le Montchapet, the place where what became known as first Kir was mixed.

CHEERS AND HAPPY NEW YEAR 2022!

Serves 8 Flute Cups

INGREDIENTS

- 0.750 lt. — Champagne, Brut
- 0.200 lt. — Cranberry Liqueur
- 8 ea. — Lime, dried slices
- 24 ea. — Cranberries

DIRECTIONS

Make sure your Flute Cups and beverages are chilled. So place them in the fridge for at least 4hr.

Serve equal portions of Champagne in each cup and add 25ml (a bit less than 1oz) of Cranberry Liqueur into each one.

PRESENTATION

Cut the edge of the dried lime slices to insert them in the cup rim, add 3 cranberries into each drink.

Other Fun Items In Season



**Broccoli
Rabe**



Mandarin



Celery Root



**Sweet
Potatoes**

Coming up — Spring Edition!

March 20th — June 21st

SPRING: Look forward for warm weather, outside gatherings, and plenty of veggies & fruits to select from for fresh cooking ideas!



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