

# CRANBERRY SAUCE FOR THANKSGIVING

<b>Culinary Intro:</b>	Serve this healthy cranberry sauce for thanksgiving and have everyone happy!
<b>Nutrition Intro:</b>	

<p><b>Prep Time:</b> min  <b>Ingredients for 6 Servings</b>  <b>Each serving =2 Tablespoons</b>  <b>Cost per serving= \$</b>  <b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>• 1 12-ounce bag fresh or frozen cranberries (about 3 cups)</li> <li>• ½ cup raw sugar</li> <li>• 1 2" cinnamon stick</li> <li>• Zest from 1 orange</li> <li>• ½ cup freshly squeezed orange juice (from about 2 oranges)</li> <li>• ½ cup water</li> </ul> <p><b>Steps:</b></p> <ul style="list-style-type: none"> <li>• If using fresh cranberries, pick over and remove any wrinkled ones. Rinse well under cool water. If using frozen, you do not need to thaw them out.</li> <li>• Combine cranberries, sugar, cinnamon stick, zest of 1 orange, orange juice, and water in a heavy stock pot. Stir. Turn heat to medium and bring up to a simmer.</li> <li>• Simmer cranberries until they pop and the liquid has thickened, about 15 minutes. Stir occasionally so that the bottom does not burn. Remove the pot from heat and serve cranberry sauce at room temperature or chilled.</li> </ul> <p><b>NUTRITION FACTS</b> Serving Size = 2 Tablespoons (113g); Servings per container = 6; Calories 100; Total Fat 0g (0%); Saturated Fat 0g (0%); Cholesterol 0mg (0%); Sodium 0mg (0%); Total Carbohydrate 25g (8%); Dietary Fiber 2g (8%); Sugars 20g; Protein 0g.</p>	<p style="text-align: center;"><b>Culinary/ Nutrition Notes for Demo:</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 10%; font-size: 24pt;"><b>1</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Making your own cranberry sauce allows you to add the amount of sugar you want to the recipe as well as change up where the sugar is coming from, for instance adding orange juice.</li> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Cranberries are full of antioxidants but can be fairly tart which is why sugar is added.</li> </ul> </td> </tr> <tr> <td style="text-align: center;"><b>2</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> </td> </tr> <tr> <td style="text-align: center;"><b>3</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> </td> </tr> <tr> <td style="text-align: center;"><b>4</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> </td> </tr> <tr> <td style="text-align: center;"><b>5</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Click here to enter text.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> </td> </tr> </table>	<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Making your own cranberry sauce allows you to add the amount of sugar you want to the recipe as well as change up where the sugar is coming from, for instance adding orange juice.</li> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Cranberries are full of antioxidants but can be fairly tart which is why sugar is added.</li> </ul>	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>	<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>	<b>4</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>	<b>5</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Click here to enter text.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>
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**Clean-up/Review comments**

**Culinary:**  
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**Nutrition:**

Materials	Shopping List
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 Chef's knife</li> <li>3. 1 bowl for trash</li> <li>4. Stock pot</li> <li>5. 1 serving dish for final presentation</li> <li>6. mise en place cups</li> <li>7. 1 electric skillet</li> <li>8. 1 can opener</li> <li>9. 1 strainer/ sieve</li> <li>10. silicone spatula</li> <li>11. measuring cups</li> <li>12. measuring spoons</li> <li>13. paper plates/ cups/ soufflé cups</li> <li>14. tasting spoons</li> <li>15. paper towels</li> <li>16. tablecloth</li> <li>17. kitchen towel</li> <li>18. gloves</li> <li>19. copies of recipe</li> </ol>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li>• 1 12 oz bag of fresh or frozen cranberries</li> <li>• 2 oranges</li> </ul> <p><b>Dry Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Raw sugar</li> <li><input type="checkbox"/> 1 2" cinnamon stick</li> <li><input type="checkbox"/></li> </ul> <p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/></li> </ul> <p><b>Paper Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Click here to enter text.</a></li> </ul>
<p><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Prep &amp; store for demo as requested in recipe</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of the onion, garlic, celery, spinach, tomatoes and cilantro intact for demo purposes</li> <li>• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p><b>Estimated time for preparation: 30 minutes</b></p>	