



Homemade Apple Cranberry “Sauce”

Serves 4

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal programs. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative at the 6 farmers markets. This builds on her previous commitment with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers’ markets and community gardens.*

Ingredients:

1-12oz bag of fresh cranberries (i.e. Oceanspray)
1 ½ cups of sugar, estimated can use less depending on tartness
2 whole Cinnamon sticks or 1 TBS. of ground cinnamon
Pinch of salt
1 large orange, peeled skin reserved and juiced
2 red apple, cored and cut into chunks
¼ cup Golden or regular raisins, optional

Directions:

1. In a saucepan add cranberries, sugar, cinnamon sticks, salt and 1 cup of water in a saucepan over low heat until the skins pop open, approximately 8-10 minutes.
2. Add orange peel, orange juice, apples and raisins. Cook for 15 minutes. Remove from the heat and cool. The mixture will continue to thicken as it cools. Cover and refrigerate until ready to use, this will keep for 2-3 days.

Chef Raquel Rivera-Pablo

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