1923

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Recommended Citation
Goeppinger, Katherine (1923) "Cranberries for Thanksgiving," The Iowa Homemaker: Vol. 3 : No. 8 , Article 8.
Available at: http://lib.dr.iastate.edu/homemaker/vol3/iss8/8

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Cranberries for Thanksgiving

By KATHERINE GOEPPINGER

WHEN Mark Train got as far as Italy, on the trip which resulted in "A Tramp Abroad," he became discouraged, wrote a homesick panegyric on the good things that he could not get at home, and made a list of vianda to be ordered by the steamer preceding his, to await him on his return. Among these dishes were "cranberry sauce." In America, cranberry sauce, associated inseparably with turkey, is unrivaled as an accompaniment for any poultry or game. At this season, large boxes of deep red cranberries give rich holiday hues to many of the market windows. The Thanksgiving feast will have its berries and the Thanksgiving spirit will hover wide over the land. Dr. Henry T. Finck says: "Perhaps I erred in saying that pumpkin pie is, next to apple pie, the most characteristic American pastru dish. It certainly is not more so than cranberry pie."

The cranberry is not exclusively American, for it grows in Europe, but American epicures discovered its rare gastro-nomical properties. Its roots also provide firewood for In its natural wild state the berry is excessively astringent and acid. But it had a flavor that made an irresistible appeal for continued cultivation. The cranberry has long been important commercially in parts of North America, particularly in the Cape Cod region where they first came. Massachusetts is still the largest producing state. The markets also received large quantities from New Jersey, Wisconsin, Virginia and Georgia, and small supplies from several other states. The soil for producing them must be a marsh or muck that can be drained a foot below the surface and is capable of being flooded in winter to protect the roots. Because it grows upon low, moist soil, it utilizes to great profit hundreds of acres of marshy land which would otherwise be almost worthless. Bog lands which were worth five dollars an acre are now worth from $300 to $700 per acre. The annual production is 3,900,000 bushels.

Particularly agreeable is the Oxycoccus erythrocarpus, a variety which grows in the mountains of Virginia and Georgia. It has been double in size by cultivation and its flavor improved by enriching and draining the soil and in other ways. The berries ripen in the autumn in the districts where they are grown extensively. The "picking season" is a bonanza to every man, woman and child. The pickers are generally paid about 75 cents a bushel. Two bushels is considered an average day's work, but experts often gather five and sometimes seven bushels. The berries are gathered with a wooden comb or the extended fingers.

The berries keep their flavor for weeks if properly packed, and are shipped to the various states of America, West Indies, England, France, Italy and Germany.

More money has been made and more lost in the cultivation of cranberries than with almost any other berry. Too frequently the crop is a total failure. The cranberry worm devastates the bushes, or an early frost kills the berries. Cranberries vary widely in price. This season, the average retail price is 15 cents per pound. The spoil easily, but can be kept for some time if they are put in jars with water and set in a cool place. It may be necessary to replenish the water once. The berries are perfect.

Medium-sized berries are generally more solid, and therefore keep better than those that are especially large. Buy the darkest cranberries, because the darker the berry the richer the flavor. Great care should be taken in cool weather to avoid buying berries which have been bitten by frost.

Cranberries should be cooled in porcelain, granite or stoneware and should not be sweetened until they have cracked open, unless one wishes to preserve them whole.

Cranberries are considered astringent, and thought to restore the appetite. This was the observation of a noted French gourmet who said, "Cranberry pie provides an inviting tonic, inspires keen digestion and stimulates healthy mental activity." Whether the statement is true or not, we must admit that many excellent dishes may be prepared from cranberries. A few selected recipes for the holidays and other days are printed in this issue.

**Cranberry Sauce**

Cook one pint of cranberries with one pint of boiling water five minutes after boiling begins (closely covered), strain, add a cup of cranberry juice, and boil one hour. Skim and set aside to cool.

**Cranberry Sauce No. 2**

Use one-half as much sugar, by measure, as cranberries and one-half as much water as sugar. Cover and cook ten minutes—long cooking makes the sauce bitter—then skin and cool.

**Cranberry Jelly**

Cook one quart of cranberries in a cup of water over a hot fire about five minutes, or until the berries burst. With a wooden spoon, press the pulp thru a coarse sieve, add a pint of sugar and stir until the berries are forced thru a sieve and the juice is nearly dry. Add lemon juice. Freeze to a mush, substitute. A noted French gourmet once said, "Cranberry jelly may be used as a salad and stimulates health mentally.

**Cranberry Pie**

Beat two eggs until whites and yolks are well mixed; beat into these one cup of sugar, and then one cup of cranberries, cut in halves, and add a half teaspoonful of salt. Bake in one crust, with a rim and strips across the top.

**Frozen Cranberries**

4 cups cranberries
2 1/2 cups sugar
1 1/2 cups boiling water
Pick over and wash cranberries, add water and sugar and cook ten minutes, skimming during the cooking. Rub thru a sieve, cool, and pour into one-pound baking powder boxes. Pack in ice and salt (equal parts), and let stand four hours. Serve as cranberry sauce or jelly substitute.

**Cranberry Frappé**

1 quart cranberries
2 cups water
2 cups sugar
Juice of 2 lemons

Cook cranberries in water eight minutes. Force thru a sieve and add sugar and lemon juice. Freeze to a mush, using equal quantities of ice and salt.

**Steamed Cranberry Pudding**

1/2 cup butter
1 cup sugar
3 eggs
1 1/2 cups flour
1/2 tsp. baking powder
1/2 cup milk
1 1/2 c. cranberries

Cream butter and sugar, add well-beaten eggs. Add sifted flour and baking powder alternately with milk to form a batter; stir in berries, turn into buttered mold, cover and steam three hours. Serve with sweetened cream, flavored with nutmeg.

**Cranberry Sherbet**

1 egg white
4 cups sugar
3 pints water
Juice of 1 lemon
2 quarts of cranberries
Sort berries, cover with hot water and cook until tender. Strain, add sugar and cook until dissolved, then add lemon juice and turn into a freezer. When ingredients are thoroughly chilled, add beaten egg white and continue freezing. Do not allow cranberry sherbet to stand in freezer.

**Cranberry Dumplings**

1 cup split cranberries
2 cups flour
1 cup milk
1 teaspoon salt
1 teaspoon baking powder
3 eggs
1 teaspoon chopped suet

Sift flour, baking powder and salt. Beat egg yolks, add milk and add to flour with suet. Stir, add whites of eggs, well beaten; lastly, add cranberries. Make into balls as large as peaches. Dip small, square cloths into boiling water, wring dry, and dip in flour, then put in the dumpling and tie tightly, leaving room to swell. Serve with butter or syrup.

**Spiced Cranberry Jelly**

1 qt. cranberries
1 c. boiling water
2 c. sugar
1/2 c. cold water
1 teaspoon cinnamon
24 whole cloves
6 allspice berries

Add sugar over and wash berries. Add boiling water and let boil until the berries are soft. Rub thru a sieve and add remaining ingredients. Bring to a boil, let simmer 15 minutes, then turn into a mold and chill.

Spiced cranberry ice may be made by adding to the above recipe one cup of water and the juice of one lemon, and freezing.