

February 2016

RED FOODS THAT YOU CAN SERVE TO COMPANY TOO:

Cherry – Rhubarb Chutney

The Really Red Winter Salad

**Red Cabbage, Beet, Red Pepper, and Red Onion Salad
with Warm Sesame Vinaigrette**

Cranberry Vinegar with Pineapple Sage

Very Berry Berry Ice Cream

My research led me to the exploration of many of the earliest cookbooks available to homemakers on this side of the Atlantic. Most were used by women in affluent circumstances to instruct their kitchen staff. They often reflected an aristocratic attitude and a rejection of foods and food preparation which the authors labeled “lower class” or for family meals only, presumably not to be served when the vicar and his wife called. Red foods were often the target of those food writers’ prejudice. And yet, a recipe that delighted me no end was a British recipe called Vicarage Beets, which was presumably for the vicar’s family. [See *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America’s Soul, Volume I*, p. 439.]

Where would our menus be today had we heeded these admonitions—no tomatoes, red sauces for *pasta*, *salsas*, *gazpacho*, elementary school cream of tomato soups, roasted beets in our salads, *borsht*, roasted red peppers and hot red

chilies, Asian garlic and chili sauces, bowls of fresh cherries and cherry cheesecake, strawberries in cream and dipped in chocolate and over shortcake, raspberries, Yorkshire summer puddings, stewed rhubarb and rhubarb pie and rhubarb and strawberry jam, cranberries—both fruit and juice, grilled red plums, red cabbage slaw, red onion, apples and pink applesauce, holiday pomegranates and year-round juice, blood oranges, guava juice, pink/red grapefruits, papaya, gorgeous red lettuces, watermelon, red wines . . . I can safely say, it would be a very much less interesting mealtime in our house if it were not for red foods.

We now know that colorful foods are nutritional storehouses, packed with phytochemicals. Red foods contain lycopene and anthocyanins which contribute to heart, circulatory, urinary, prostate, and brain health. There is also research suggesting that red foods may impact certain cancers. The lycopene in peppers, tomatoes, watermelon, and guava juice is one of the top ten anti-cancer carotenoids. Cherries are said to relieve body inflammation and are particularly associated with arthritic pain relief especially the acute pain of gout. Cranberries are valued for their proanthocyanins. Peppers and tomatoes are both high in vitamin C. Beets contribute A, C, K, and folate, decrease inflammation, and are highly touted today as brain food.

The following recipes deliver the phytochemicals and anthocyanins in unusual combinations.

CHERRY – RHUBARB CHUTNEY

TPT - 26 hours and 6 minutes;
24 hours = cooling period

This recipe came about when I observed that when the first rhubarb stalks and lovage leaves appeared in the herb beds, there were always a few jars of cherries, canned the summer before, and, of course, there were always a couple of late-season storage apples in the house, adjudged “mealy” by he who appreciates and judges apples. This is in no way a classic chutney but it is a delicious and beautiful relish that makes very simple foods like a baked potato or grilled cheese sandwich or even a lentil loaf seem special.

- 1 cup apple cider vinegar**
- 2 cups firmly-packed *light* brown sugar**

- 7 cups chopped, *young* rhubarb stalks**
- 1 medium apple—peeled, cored, and chopped**
- 1 cup *evenly* chopped Italian red onion**
- 2 cups *pitted* sweet cherries—canned in light syrup
—*well-drained***
- 3 large garlic cloves—*finely* chopped**
- 1 tablespoon *finely* chopped *crystallized* gingerroot**
- 1/2 cup *finely* chopped fresh lovage**
- 1 teaspoon ground cinnamon**
- 1 teaspoon ground allspice**
- 1/4 teaspoon ground cloves**

Sterilize seven 1/2-pint canning jars. Also sterilize lids and rings for jars.

In a large kettle, combine vinegar and sugar. Bring to the boil over *MEDIUM* heat. Boil for about 5 minutes until sugar is dissolved. Stir occasionally.

Reduce heat to *LOW*. Add chopped rhubarb, apple, and onion, cherries, *finely* chopped garlic, *crystallized* gingerroot, and lovage, and ground cinnamon, allspice, and cloves. Cook over *MEDIUM* heat, uncovered, for about 45 minutes until thickened. Stir frequently.

Ladle into the seven sterilized 1/2-pint canning jars. Carefully wipe rims of jars. Seal with hot, sterilized lids and rings. Process in hot-water-bath canner for 10 minutes, *timing from the moment the water comes to a full rolling boil*. Remove to surface covered with thick towels or newspapers. Allow to cool for 24 hours *undisturbed*. Check to be sure jars are sealed before labeling and storing in a dark, cool, dry place.* Loosen or remove rings before storing.

Yields seven 1/2-pint jarfuls

Notes: *Any jars that do not seal can be stored in the refrigerator for several months or resealed using a *new lid*.

This recipe can be frozen, if preferred.

1/56 SERVING (i. e., 2 tablespoonfuls) –
PROTEIN = 0.2 g.; FAT = 0.02 g.; CARBOHYDRATE = 10.8 g.;
CALORIES = 42; CALORIES FROM FAT = <1%



THE REALLY RED WINTER SALAD

TPT - 8 hours and 54 minutes;
8 hours = flavor development period



Early British and Colonial American cookbook authors frequently directed that red foods were inappropriate for fine dining. Thanks to the strong food influences of those who emigrated from Central Europe, such rules have long ago gone the way of tricornered hats. In fact, in the Caucasus, a favorite preparation of beets (Charkhlis Chogi) includes tart Cornelian cherries (Kizil) and onion. If those early cookbook authors had tasted our combination, we think that they would certainly have changed their opinions about red foods!

3 quarts *boiling* water
1 large, fresh beet—well-scrubbed, with roots intact
and 2 inches of leaf stem attached*

1 cup (8 ounces) commercially-canned sweet and sour
red cabbage—*well-drained*

1 cup pitted, sweet cherries, canned in light syrup, if
available—*well-drained*

1/4 cup *finely* chopped Italian red onion
1/4 cup *finely* chopped fresh, Italian flat-leafed parsley
2 tablespoons *finely* chopped, *crystallized* gingerroot

In a deep saucepan, cook the beet in *boiling* water until tender—about 45 minutes. Drain. Rinse in *cold* water until it can be handled. Cut off root end and stem end. Slip off skin and cut into large dice.

In a large mixing bowl, combine diced beet, *well-drained* sweet and sour red cabbage, *well-drained* cherries, and *finely* chopped red onion, parsley, and *crystallized* gingerroot. Toss to mix well. Refrigerate for 8 hours or overnight to allow for flavor development.

Turn into a fine sieve and allow excess liquid to drain off.

Serve well-chilled.

Yields 8 servings
adequate for 4-6 people

Notes: *Although this dish may be prepared with canned beets, the taste of fresh beets is infinitely superior.

This recipe may be doubled, when required.

Leftovers keep well when refrigerated.

1/8 SERVING – PROTEIN = 0.8 g.; FAT = 0.04 g.; CARBOHYDRATE = 16.2 g.;
CALORIES = 66; CALORIES FROM FAT = <1%

RED CABBAGE, BEET, RED PEPPER, AND RED ONION SALAD WITH WARM SESAME VINAIGRETTE

TPT - 53 minutes

This is another winter red salad in which an unlikely vegetable mixture combines to give a real flavor accent to your menu. The Yucca-flower garnish is suggested because there is no reason that you should not enjoy such a salad right on into the summer months.

3 quarts *boiling* water
1 large, fresh beet—well-scrubbed, with roots intact
and 2 inches of leaf stem attached*

4 cups *finely* shredded red cabbage
1/2 medium red bell pepper—cored, seeded, and cut
into 2-inch julienne slices
1/2 cup chopped fresh, curly parsley
1/4 cup *slivered* Italian red onion

SESAME VINAIGRETTE:

2 tablespoons olive oil
1/2 teaspoon sesame oil
1/4 cup rice wine vinegar or SALAD
BURNET AND SHALLOT VINEGAR
WITH PEPPER**
1 teaspoon sugar

2 tablespoons sesame seeds—*toasted*
Salt, to taste
Freshly ground black pepper, to taste

Home-grown, spray-free Yucca flowers—well-washed
with pistils and stamen removed—for garnish, if
available

In a deep saucepan, cook the beet in *boiling* water until tender—about 45 minutes. Drain. Rinse in *cold* water until it can be handled. Cut off root end and stem end. Slip off skin and cut into large dice.

In a mixing bowl, combine shredded cabbage, diced beet, julienned red pepper, chopped parsley, and slivered red onion. Toss *gently*. Set aside until ready to serve.

In a saucepan set over *LOW* heat, combine olive and sesame oils, vinegar, and sugar. Allow to heat through.

When ready to serve, add *warm* sesame *vinaigrette* to shredded cabbage mixture and toss to mix well. Add *toasted* sesame seeds. Again, toss well. Season with salt and black pepper.

Turn into a serving bowl. Garnish with *Yucca* flowers, if in season. *Serve at once*.

Yields 6 servings
adequate for 4 people

Notes: *Although this dish may be prepared with canned beets, which reduces preparation time considerably, the taste of fresh beets is infinitely superior.

**See *A World-wide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul, Volume II*, pp. 511-12 for recipe.

When required, this recipe may be halved or doubled. Leftovers do not keep well.

1/6 SERVING – PROTEIN = 2.5 g.; FAT = 6.0 g.; CARBOHYDRATE = 9.5 g.;
CALORIES = 125; CALORIES FROM FAT = 43%

CRANBERRY VINEGAR WITH PINEAPPLE SAGE

TPT - 3 weeks and 14 minutes;
3 weeks = flavor development period

The leaves of pineapple or tangerine sage are so divinely fragrant that I look for ways to enjoy them as I wait for and hope for the luscious red flowers that may or may not come depending on drought or frost. This vinegar hints at the holiday season approaching but reminds me all through the winter of next year's pineapple sage and the game we will again play together. Will a dish of vanilla ice cream covered with pineapple sage blossoms elegantly grace my September table next year or not?

1 cup fresh cranberries—very well-washed, and well-dried
About 10 large, fresh, unsprayed pineapple sage (*Salvia*
***elegans*) leaves—very well-washed, and well-dried**
1 thin slice fresh gingerroot
1 small garlic clove—peeled
1 or 2 chive flowers, if available
3 1/2 cups rice wine vinegar

Sterilize a 1-quart bottle or jar.

Combine well-washed and well-dried cranberries and pineapple sage leaves, gingerroot, and garlic clove in the sterilized 1-quart bottle or jar. Pour rice wine vinegar over, being sure to cover completely. Cap.

Allow to stand at room temperature in a dark cupboard for 3 weeks to allow for both flavor and color development.

Sterilize a clear, condiment bottle.

Strain vinegar into sterilized condiment bottle.

Store vinegar at cool room temperature away from light for up to a year.

Yields 3 1/2 cupfuls

Note: This recipe may be doubled or tripled or quadrupled with ease; helpful if you should want to give bottles as gifts.

1/56 SERVING (i. e., per tablespoonful) –
PROTEIN = 0.0 g.; FAT = 0.0 g.; CARBOHYDRATE = 0.0 g.;
CALORIES = 0.0; CALORIES FROM FAT = 0%

VERY BERRY BERRY ICE CREAM

TPT - 8 hours and 12 minutes;
8 hours = freezing period

The old red roofs of the Howard Johnson restaurants can still be spotted now and then but today they have been incorporated into other restaurants; the motor inns, as they were called, have been updated and renamed. Memories of the twenty-eight ice cream flavors do not, however, fade. They had a black raspberry ice cream that was beyond beautiful. When I was in elementary school and we drove to the Howard Johnson Restaurant at “twelve-corners” in Brighton, I would often forgo my beloved chocolate ice cream and instead order black raspberry. Whenever we went to an ice cream parlor in Victor, New York, also long gone in favor of a giant mall, I would always order their extraordinary black raspberry flavor. It was a huge scoop of creamy lusciousness with bits of berry here and there and real seeds that got stuck in your teeth. This easily made blue-red ice cream has lots of bits of lots of berries and the intense color is from the berries alone.

1 cup heavy whipping cream

1 cup *well-crushed* mixed berries, raspberries,
strawberries, blackberries or blueberries—fresh
or frozen—*well-drained*

2/3 cup *fat-free* sweetened condensed milk

1 teaspoon pure vanilla extract

Prepare a 7 x 3 x 2-inch non-stick-coated loaf pan by placing it in the freezer until required.

Using an electric mixer fitted with *chilled* beaters or by hand, using a *chilled* wire whisk, beat heavy cream in a *chilled* bowl until stiff. * Set aside.

In a large bowl, combine *well-crushed* and *well-drained* mixed berries, sweetened condensed milk, and vanilla extract. Stir to blend thoroughly. *Whisk-fold* stiffly whipped cream *gently*, but *thoroughly*, into berry–milk mixture.

Pour mixture into chilled loaf pan. Spread evenly. Cover tightly with aluminum foil. Freeze overnight or until firm—about 8 hours.

Either scoop ice cream from pan to serve or remove entire block of ice cream from pan and slice.

Leftovers should be returned to the freezer, tightly covered.

Yields about eight 1/2-cup servings

Notes: *Be sure the cream is stiffly whipped so that it can hold the berries. If it is too lightly whipped, the berries will settle to the bottom of the pan before the ice cream freezes hard.

This recipe is easily doubled, when required. Use a 9 x 5 x 3-inch non-stick-coated loaf pan.

1/8 SERVING (i. e., per 1/2 cupful) –
PROTEIN = 2.8 g.; FAT = 9.9 g.; CARBOHYDRATE = 20.0 g.;
CALORIES = 179; CALORIES FROM FAT = 50%



Although this berry-filled ice cream is good, one ice cream is surely not enough.

My files are full of frozen pleasures so next month I will grab a handful of them to share. Do stop by.

Judy

Please note that the food value calculations are approximate and not the result of chemical analysis.