



WATERCREST



The Chef's Corner

Craving Cranberries!

Cranberries are low, creeping shrubs with small evergreen leaves; their flowers are dark pink and pollinated by bees. The fruit is a berry that is initially light green and turns red when ripe. In 2020, 97% of the world's production of cranberries came from the United States, Canada and Chile. The name cranberry derives from Middle Low German *kraanbere*, named as cranberry by missionary John Eliot in 1647.

Fresh cranberries are hard with a bitter taste, and 95% of them are used to make cranberry juice (typically sweetened or mixed with other juices to balance the tartness) and cranberry sauce, a traditional staple served with turkey at Thanksgiving. Cranberries are also used in breads, cakes, muffins and other baked goods.

Cranberries supply moderate levels of vitamin C, dietary fiber and manganese. They also contain anti-inflammatory, antibacterial, and antioxidant compounds.

From our Chef's Corner to your table, enjoy!

Chef's Recipe from the kitchen of Chef Nate at Watercrest Winter Park Cranberry Pie

This recipe has been in Chef Nate's family for over 80 years and has always been a favorite during the holiday season with our Watercrest residents and family!

Ingredients:

1 ½ cups cranberries – fresh or frozen
¼ cup brown sugar, packed
¼ cup chopped pecans
1 large egg
½ cup granulated sugar
5 Tbsp melted butter

Directions: Preheat oven to 325 degrees.

Layer cranberries in a 9-inch buttered pie plate.

Combine brown sugar and pecans and sprinkle evenly over cranberries.

In a medium bowl, beat egg well, then gradually add sugar and beat until thoroughly blended. Stir in flour and melted butter.

Pour batter over cranberry mixture and bake for 35 to 40 minutes.

Cut into wedges and serve warm with ice cream. Serves 6.