SUGAR-SAVING
Fresh Cranberry Recipes
HERE'S HOW TO SAVE SUGAR IN CRANBERRY TIME

and enjoy fresh Cranberry favorites!

In this booklet you will find a tested group of standard cranberry recipes and 3 ways to make each one a sugar-saver. Try them—serve fresh cranberries often. And if you have a favorite cranberry recipe of your own, you can make it a "sugar-saver," too, by using any of these alternate ingredients:

1. CORN SYRUP—Substitute 1 cup dark or white corn syrup for each 1 cup sugar up to half the sugar called for in recipe. Reduce liquid $\frac{1}{4}$ cup for each 1 cup corn syrup used. Dark syrup gives a fragrant caramel flavor, while the white variety tastes like sugar.

2. MAPLE SYRUP—Substitute 1 cup maple syrup for each 1 cup sugar up to half the sugar called for in recipe. Reduce liquid $\frac{1}{4}$ cup for each 1 cup maple syrup used.

3. HONEY—Substitute $\frac{1}{2}$ cup honey for each 1 cup sugar up to half the sugar called for in recipe. Reduce liquid 2 tablespoons for each $\frac{1}{2}$ cup honey used.

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Boil sugar and water together 5 minutes. Add cranberries and boil without stirring until all the skins pop open (5 minutes is usually sufficient). Remove from fire and allow the sauce to remain in saucepan until cool. Makes 1 quart sauce.

*SUGAR-SAVERS

Reduce water to $1 \frac{3}{4}$ cups and substitute one of these.

- 1 cup sugar and 1 cup corn syrup (dark or white)
- or 1 cup sugar and 1 cup maple syrup
- or 1 cup sugar and $\frac{1}{2}$ cup honey

*For Home Canning—Fill sterilized jars with hot sauce and seal at once.
Put cranberries through food chopper. Quarter whole oranges, remove seeds and put through chopper. Add sugar and mix well. Chill in refrigerator a few hours before serving. Makes 1 quart relish. This relish will keep well in the refrigerator for several weeks.

*SUGAR-SAVERS—Substitute one of these:

1 cup sugar and 1 cup corn syrup (dark or white)
or 1 cup sugar and 1 cup maple syrup
or 1 cup sugar and 1/2 cup honey

Mold Cranberry-Orange Relish in prepared lemon or orange gelatin for a quick and delicious salad.
MOLDED, STRAINED CRANBERRY SAUCE

4 cups Eatmor Cranberries
2 cups water  2 cups sugar*

Cook cranberries in water until all the skins pop open. Strain, add sugar and blend. Boil rapidly for about 3 minutes. Skim and pour into one large mold or individual molds. Chill until firm.

*SUGAR-SAVERS

Reduce water to 1 3/4 cups and substitute one of these:

- 1 cup sugar and 1 cup corn syrup (dark or white)
- 1 cup sugar and 1 cup maple syrup
- 1 cup sugar and 1/2 cup honey

For Home Canning—Fill sterilized glasses with hot mixture and cover with melted paraffin.
CRANBERRY-APPLE RELISH
(Vitamin-rich—no cooking)

4 cups Eatmor Cranberries
2 apples, pared and cored
2 oranges 1 lemon
2 1/2 cups sugar*

Put cranberries and apples through food chopper. Quarter whole oranges and lemon, remove seeds and put through chopper. Add sugar and blend. Chill in refrigerator a few hours before serving. Makes 1 1/2 quarts relish.

*SUGAR-SAVERS—Substitute one of these:

1 1/4 cups sugar and 1 1/4 cups corn syrup (dark or white)
or 1 1/4 cups sugar and 1 1/4 cups maple syrup
or 1 1/4 cups sugar and 3/4 cup honey

Mold Cranberry Apple Relish in prepared fruit gelatin for individual dinner salads or as a relish with meat.

CRANBERRY CONSERVE

4 cups Eatmor Cranberries
1 1/4 cups water 2 1/2 cups sugar*
1 cup seeded raisins, chopped
1/3 cup orange juice
Grated rind 1 orange
1 cup chopped walnuts

Cook cranberries in water until all the skins pop open. Put through sieve. Add sugar, raisins, orange juice and rind and cook together for 15 minutes. Remove from heat. Add walnuts. Pack in sterilized jars and seal with paraffin. Makes 1 quart conserve.

*SUGAR-SAVERS

Reduce water to 1 cup and substitute one of these.

1 1/4 cups sugar and 1 1/4 cups corn syrup (dark or white)
or 1 1/4 cups sugar and 1 1/4 cups maple syrup
or 1 1/4 cups sugar and 3/4 cup honey
SPICED CRANBERRIES

2 1/2 cups sugar*  1/2 cup water
2 2-inch sticks cinnamon
1 teaspoon whole cloves
2 tablespoons lemon juice
Grated rind 1 lemon
4 cups Eatmor Cranberries

Combine sugar, water, spices, lemon juice and rind and boil together 5 minutes. Add cranberries and cook slowly, without stirring, until all the skins pop open. Chill. Makes 1 quart.

*SUGAR-SAVERS

Reduce water to 1/4 cup and substitute one of these:

1 1/4 cups sugar and 1 1/4 cups corn syrup (dark or white)
or 1 1/4 cups sugar and 1 1/4 cups maple syrup
or 1 1/4 cups sugar and 3/2 cup honey

For Home Canning—Fill sterilized jars and seal at once.

CRANBERRY-ORANGE MARMALADE

2 oranges
2 cups Eatmor Cranberries
2 1/4 cups water  3 cups sugar*
1/2 teaspoon whole cloves
2 2-inch sticks cinnamon

Quarter whole oranges, remove pulp; cut into small pieces. Cut peel crosswise into very thin strips. Cover with cold water; bring to boiling point and boil for 5 minutes. Drain and repeat cooking process 3 times. Combine peel with cranberries, orange pulp and water and cook for 15 minutes. Add sugar and spices and continue cooking until mixture thickens—20-25 minutes. Cool; pour into hot sterilized jars; cover with paraffin. Makes 4 half-pint jars.

*SUGAR-SAVERS

Reduce water to 2 cups and substitute one of these:

1 1/2 cups sugar and 1 1/2 cups corn syrup (dark or white)
or 1 1/2 cups sugar and 1 1/2 cups maple syrup
or 1 1/2 cups sugar and 3/4 cup honey
Put cranberries through food chopper. Quarter whole lemon, remove seeds and put through chopper. Add shredded pineapple or put sliced pineapple through food chopper to make 1 cup. Combine all with sugar. Chill in refrigerator a few hours before serving. Makes 1 quart relish. This relish will keep well in the refrigerator for several weeks.

*SUGAR-SAVERS—Substitute one of these:

1 cup sugar and 1 cup corn syrup (dark or white)
or 1 cup sugar and 1 cup maple syrup
or 1 cup sugar and ½ cup honey

Mold Tropical Relish in prepared fruit or plain gelatin and serve as a relish with cold cuts.
CRANBERRY
FRUIT SAUCE

2 cups sugar*  1¼ cups water
4 cups Eatmor Cranberries
2 peeled apples, sliced thin
1 2-inch stick cinnamon
Grated rind 1 orange
Grated rind 1 lemon

Combine sugar and water, bring to boiling point and add remaining ingredients. Cook slowly, without stirring, until cranberry skins pop open and apple slices are clear—10-15 minutes. Cool sauce in cooking dish. Makes 1 quart sauce.

*SUGAR-SAVERS
Reduce water to 1 cup and substitute one of these:

1 cup sugar and 1 cup corn syrup (dark or white)
or 1 cup sugar and 1 cup maple syrup
or 1 cup sugar and ½ cup honey

For Home Canning—Fill sterilized jars with hot sauce and seal at once.
EATMOR CRANBERRY PIE

2 cups sugar*
1 tablespoon flour
1/4 teaspoon salt
1/2 cup water

4 cups Eatmor Cranberries
Grated rind 1/2 lemon
2 tablespoons butter
Pie pastry

Mix dry ingredients together; add water and heat until sugar is melted. Add cranberries; cook slowly until all the skins pop open. Add lemon rind and butter. Cool, but do not stir. Pour into pastry-lined 9-inch pie plate. Cover with crisscross pastry strips; brush top with milk. Bake in hot oven (425° F.) 30 minutes.

*SUGAR-SAVERS

Omit water and substitute one of these:

1 cup sugar and 1 cup maple syrup
or 1 cup sugar and 1 cup corn syrup (dark or white)
or 1 cup sugar and 1/2 cup honey
SOME NEW FACTS ON THE NUTRITIVE VALUE OF THE FRESH CRANBERRY*

- Cranberries are a good source of vitamin C, and cooked cranberry sauce retains this vitamin to a considerable extent. Cranberries also supply some vitamin A and the valuable vitamin B Complex.

- Cranberries contain 11 vital minerals, including highly available forms of iron, iodine, copper, calcium and phosphorus.

- Cranberries are alkaline in reaction—not acid. The tang and color of fresh cranberries stimulate the appetite.

Moreover, cranberries have certain unique properties. Their high pectin content and a useful combination of some fruit acids aid intestinal tone and help keep you feeling fine.

For goodness sake, then—for fresh-fruit goodness—Eatmor fresh Cranberries!

*From research of the American Cranberry Exchange Fellowship, Massachusetts State College, Amherst, Mass.
IF YOU WOULD LIKE ADDITIONAL COPIES OF THIS BOOKLET

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Eatmor Cranberries

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