



## **Autumn's Cranberry Orangey Spice Cakey + Cranberry Rosemary Refresher**

By Dylan Sabuco

**Prep Time 15 / Cook Time 15 / Serves 4 - 6**

### **Shopping List**

- FRESH
- 1 orange
- 1 small grated zucchini, apple, or carrot
- 1 fresh rosemary sprig
- DAIRY AND EGGS
- 3 C orange juice
- 2 eggs **\*\*(see allergy subs below)\*\***
- PANTRY
- 2 C dried cranberries
- 2 1/2 C all-purpose flour **\*\*(see allergy subs below)\*\***
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 3 tsp pumpkin pie spice
- 1 C vegetable oil **\*\***
- 1 3/4 C brown sugar
- 1 1/4 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***

- HAVE ON HAND
- Paper cupcake liners
- 2 C ice

## Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**soak:** to immerse a hard food for a certain amount of time in a liquid to soften it.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**soak:** to immerse a hard food for a certain amount of time in a liquid to soften it.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

## Equipment

- Oven
- Muffin pan
- Paper cupcake liners
- Cutting board
- Kid-safe knife
- Grater
- Mixing bowls
- Liquid measuring cup
- Dry measuring cups
- Measuring spoons

- Whisk
- Rubber spatula
- Fork or toothpick to test cake
- Blender (or pitcher + immersion blender)

## Ingredients

### Autumn's Cranberry Orangey Spice Cakey

- 1 orange
- 1 C dried cranberries
- 2 1/2 C all-purpose flour **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 3 tsp pumpkin pie spice
- 1 small grated zucchini, apple, or carrot
- 2 eggs **\*\*(for EGG ALLERGY sub 2 T ground flaxseeds + 1/2 C water, whisked)\*\***
- 1 C vegetable oil **\*\***
- 1 3/4 C brown sugar
- 1 tsp pure vanilla extract **\*\*(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***

### Cranberry Orange Rosemary Refresher

- 3 C orange juice
- 1 C dried cranberries
- 1 fresh rosemary sprig
- 1 C ice
- 1/4 tsp pure vanilla extract **\*\*(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***

## Food Allergen Substitutions

## Autumn's Cranberry Orangey Spice Cakey

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Soy:** Substitute canola oil or other nut-free oil for vegetable oil.

**Egg:** For 2 eggs, substitute 2 T ground flaxseeds + 1/2 C water, whisked.

## Cranberry Orange Rosemary Refresher

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

## Instructions

### Autumn's Cranberry Orangey Spice Cakey

#### intro

Spice cake has been around for hundreds of years. The original recipe was created in ancient times when the Egyptian and Greek empires began grinding spices and grains. This led to experimenting with these new ingredients, and eventually, the spice cake was born. This modern-era spice cake is filled with many pie spices like nutmeg, cinnamon, ginger, and cloves. Then, to kick things up a notch, this recipe also includes one of my favorite flavor combinations: cranberry and orange.

#### preheat

Preheat your oven to 350 F.

#### zest + juice + soak

Start by washing **1 orange**, then zesting and juicing it into a bowl or liquid measuring cup. Measure **1 cup dried cranberries** and add them to the orange juice. Stir a few times and then set to the side. This will soften the cranberries for later in the recipe.

#### measure + mix

Measure **2 1/2 cup flour**, **2 teaspoons baking powder**, **1 teaspoon baking soda**, **1/2 teaspoon salt**, and **3 teaspoons pumpkin pie spice** into a mixing bowl. Stir the dry ingredients with a whisk until all the ingredients are incorporated.

#### grate + crack

Next, grate **1 small zucchini**, **apple**, or **carrot** into a large mixing bowl. Then, crack **2 eggs** into that same bowl.

### measure + mix

Measure **1 cup vegetable oil**, **1 3/4 cups brown sugar**, and **1 teaspoon vanilla extract** into the bowl with the egg and grated zucchini, apple, or carrot. Then, pour in the cranberries and orange juice that were soaking in step 3. Mix until all the wet ingredients are fully combined.

### mix + bake

Pour the dry ingredients into the bowl of wet ingredients. Mix with a whisk until fully combined. Prepare a muffin pan with liners. Then, pour 1/3 cup of the batter into each of the lined wells of the pan. Bake for 15 minutes or until a fork inserted can be removed from the cupcake cleanly.

### cool + serve

Remove the cupcakes from the oven. Allow them to cool for at least 5 to 10 minutes before serving. Bon appétit! Enjoy your tasty Autumn's Cranberry Orangey Spice Cakey with some Cranberry Orange Refresher to wash it down.

## Cranberry Orange Rosemary Refresher

### measure + soak

Start by plucking the leaves off **1 rosemary sprig** and place them into a pitcher. Then, measure **3 cups orange juice** and **1 cup dried cranberries**. Pour them both into a blender (or pitcher for use with an immersion blender). Stir a few times and then set to the side for at least 10 minutes. This will soften the cranberries for later in the recipe.

### measure + blend

In the blender, measure and add **2 cups ice** and **1/4 teaspoon vanilla extract**. Blend until smooth. You are going for a slushie consistency. Pour the drink into cups. Cheers! Enjoy this tasty fall drink with Autumn's Cranberry Orangey Spice Cakey!

## Featured Ingredient: Cranberry!

Hi! I'm Cranberry!

"I love being me because I'm very popular during Fall holiday feasts. Yes, I can be sour, but sugar sweetens me right up, and cranberry sauce is a tart and tasty culinary partner when added to turkey (and leftover turkey sandwiches!). I also like hanging out with my orange friends to make delicious scones or muffins."

### History

The cranberry is indigenous to North America. The Narragansett people, an Algonquian tribe who called the berries "sasemineash," may have introduced them to Massachusetts Bay colonists in the early 1600s. The Native Americans created what you could call the first energy bar, "Pemmican," made from a mixture

of pounded cranberry, ground deer meat, and fat tallow. They also used cranberries to make a dye. Several 17th-century books from New England reference cranberry recipes. A couple of the books describe cranberry sauce, and a cook's guide mentions cranberry juice.

Many years ago, American ships carried cranberries to prevent scurvy, a disease caused by vitamin C deficiency, for the same reason English sailors added limes to their diets.

Eighty percent of cranberries grown worldwide are harvested today in the United States and Canada. Cranberries are primarily grown in five states: Massachusetts, Wisconsin, New Jersey, Oregon, and Washington.

About 80 million pounds, or 20 percent of the cranberries harvested per year, are gobbled up during Thanksgiving week!

There are approximately 4,000 cranberries in one gallon of cranberry juice!

The word "cranberry" is from the mid-17th century (by a North American Puritan), from the German "kranbeere" (crane-berry).

## Anatomy

The cranberry plant is an evergreen shrub or trailing vine from the Ericaceae (heath or heather) family that includes the blueberry, huckleberry, rhododendron, azaleas, and heathers. The berries are part of the genus *Vaccinium*.

Contrary to common belief, cranberries do not grow in water. Instead, they are grown on constructed beds surrounded by dykes, evenly layered with sand, and close to a water source. The cranberry farmers flood these "bogs" in Fall so that the cranberries can float to the surface when they are ready to harvest and in Winter to protect the plants from the cold temperature.

Cranberries are small, light, airy, round, and red. Each cranberry has four air pockets in the middle that allow it to float.

Cranberries are sometimes called "bounceberries" because the tiny air pockets make them bounce and float in the bogs when they are ripe!

## How to Pick, Buy, & Eat

When selecting fresh cranberries from the grocery store, where they usually come in a bag, look for firm, plump berries that are red to dark red. Avoid ones that look shriveled, feel soft, or have blemishes. You can buy fresh cranberries from September through January, and you can freeze fresh cranberries until ready to use. Frozen, canned, and dried cranberries are available year-round at the grocery store. Store cranberries in their sealed plastic bag in the refrigerator for one to two months, check the berries' condition now and then, and remove any that appear to be decaying. They can last about one year in an airtight container if you freeze them.

Cranberries are both sour and bitter. They taste astringent! This is due to tannins, the same compound found in red wines. So fresh cranberries are usually sweetened and juiced, cooked, or dried before eating.

Make an easy cranberry sauce by heating a bag of fresh or frozen cranberries with 3/4 cup sugar, 2 tablespoons of orange juice, 1 tablespoon of water, and some orange zest. Simmer the sauce over low heat until the cranberries pop for about 10 minutes, stirring occasionally.

Fresh cranberry salsa is delicious. Mince cranberries in a food processor and combine with lime juice, fresh ginger, minced jalapeno, cilantro, sugar, and chopped green onions. Serve with chips!

You can add cranberries to smoothies and bake them into puddings, cakes, and pies. You can also make jam, relish, and sherbet with them.

Cranberries are especially delicious paired with pork, almond, orange, peach, cinnamon, ginger, chocolate, apple, mango, pear, and pear.

## Nutrition

Cranberries are a moderate source of vitamin C. Vitamin C protects our blood vessels and heart and helps us maintain healthy immunity during cold and flu season. In addition, the body uses vitamin C to absorb iron, another essential nutrient.

They also have a moderate amount of manganese. It is a mineral and essential trace element involved with the metabolism of carbohydrates and glucose. Manganese also helps bone formation and works with vitamin K in blood clotting.

Cranberries contain A-type proanthocyanidins (plant compounds) that help keep bacteria from binding to cell walls. These compounds are why cranberry juice is associated with preventing urinary tract infections.