Recipe For Health | NOVEMBER 2014

CRANBERRY GLAZE

This deliciously sweet glaze pairs perfectly with any meat, poultry, or wild game.

by Corporate Chef Kurt Kwiatkowski

Featured Food: Cranberries

Yield: 2 cups

Ingredients

2 T. canola oil ¼ c. mirin

3/4 c. sliced red onion 1/4 c. rice wine vinegar

1 t. minced garlic ½ c. soy sauce2 t. minced fresh ginger1 c. cranberry juice

1 c. fresh or frozen cranberries Zest and juice from ½ orange
½ c. honey
2 T. butter, cut in small pieces

Preparation

In a saucepan, over medium heat, warm the oil. Add onions to the pan and sauté for about 4 minutes. Add ginger and garlic and sauté for another minute.

Add cranberries, honey, mirin, and vinegar. Simmer for about 10 minutes until the cranberries start to pop.

Add soy sauce, cranberry juice, and orange zest and juice; continue to simmer until reduced by 30% to make a nice glaze. Test the reduction by dipping the back of a spoon into the glaze. Shake the spoon a little; if the glaze coats the spoon and sticks, the glaze is properly reduced.

Taste sauce for flavor and adjust if needed. Transfer sauce to a blender and blend until almost smooth. Return to saucepan over medium heat. When warm, remove from heat and stir in butter.