

## WHAT THE HECK TO DO WITH ALL THOSE CURRANTS?

Kestrel Perch Berry CSA members suggest:

### *FREEZE THEM:*

Both RED and BLACK CURRANTS freeze well; just remove most of the stems and fill into freezer bags. If you haven't washed the berries, they won't stick together, and then you can just pour out as much as you want at a time.

- Add frozen currants (about ¼ cup per serving) to oatmeal (steel-cut or regular, not instant or quick oats) during the last 2-3 minutes of cooking. (Good with brown sugar, but you'll need less if you cook the cereal with a chopped apple to begin with.)
- Frozen currants are a nice snack straight out of the freezer – like frozen SweeTarts! You can even freeze red currants with stems on, take out as much as you want, toss with sugar to taste, and eat them right off the stems like tart little grapes.
- Use them in smoothies in combination with blander, sweeter fruit.
- Use frozen (or dehydrated) berries in baked goods.
- Cook frozen currants with apples for an outrageously colorful applesauce; sweeten (or not) to taste and use as a pancake topping (yes, the flavor IS compatible with maple syrup!) or as a condiment with meats or other savory foods (the way you'd use cranberry sauce or plain applesauce). Or cook BLACK CURRANTS with a tiny bit of water just until the skins pop and mix with an equal amount of grated raw apple to use like cranberry relish.
- Fresh or frozen BLACK CURRANTS are especially good in ice cream (homemade, or mix into softened store-bought vanilla).

### *DEHYDRATE THEM:*

- Dried currants are NOT the same as the dried currants you buy in the store (which are actually raisins made from a special kind of tiny grape), but they're still wonderful in salads, hot cereal, and baked goods (look for recipes that call for tart cherries, cranberries, or rhubarb). Dried BLACK CURRANTS are the currants originally used in scones.

### *JUICE THEM:*

Use a regular juicer, a steam juicer, or just cook them up (use minimal water or just crush the first layer of berries and heat SLOWLY) and drain through a colander to get a thick juice/thin puree. Use this juice to:

- Make jelly or jam (good with raspberries; the currants provide enough pectin).
- Make a juice concentrate to can in a water bath or freeze (in ice cube trays or small containers). If you'll want your juice sweetened, experiment and sweeten to taste before freezing. Dilute sweetened juice for a beverage (especially good as "pink lemonade," in combination with a little lemon juice and/or lemon balm tea).
- Heat unsweetened juice with maple syrup to make currant pancake syrup.
- Use the juice for frozen desserts: POPSICLES (blended with other fruits and/or yogurt, SORBET, or as a sundae topping).