

Cranberry Syrup

SOURCE: Cooking Light, NOVEMBER 2000

This recipe goes with Spice-Rubbed Smoked Turkey with Roasted-Pear Stuffing and Cranberry Syrup

INGREDIENTS:

1 1/2 C sugar
1 (750-milliliter) bottle ruby port or other sweet red wine
2 C fresh or frozen cranberries
1 TBS thawed orange juice concentrate
1 tsp chopped peeled fresh ginger
3 garlic cloves, chopped

DIRECTIONS:

Combine sugar + port in Dutch oven - bring to boil and cook 4 minutes or till sugar dissolves - add cranberries, orange juice, ginger + garlic - cook over medium heat till reduced to 3 C (about 20 minutes) - press cranberry mixture through a fine sieve over a bowl, discarding solids.

Note: Cranberry Syrup can be stored, covered, in refrigerator up to 1 week.

Yield: 2 C (serving size: 2.5 TBS)

NUTRITION PER SERVING: CALORIES 134 (0.0% from fat); FAT 0.0g (sat 0.0g,mono 0.0g,poly 0.0g); PROTEIN 0.2g; CHOL 0.0mg; CALCIUM 7mg; SODIUM 6mg; FIBER 0.1g; IRON 0.2mg; CARBOHYDRATE 34.3g