Cranberry-apple relish

Raw cranberries, unpeeled tart apples and an unpeeled orange, chopped fine and sweetened.

Makes
1 batch, about 400 ml

Kind
Sauces and preserves

From
United States

Source
Apples in Appealing Ways (Home and Garden Bulletin No. 161), April 1969

Allergens
None of the allergens that the law in the UK, the EU or the United States requires to be declared is in the ingredients as written.

Suits vegetarians and vegans.

Worked out from the ingredients as written. Products differ, so read their labels. How allergens are worked out

Ingredients

- [ ] 100 g cranberries
- [ ] 2 tart apples, unpeeled, cored and quartered
- [ ] 1 orange, unpeeled, quartered and seeded
- [ ] 100 g sugar
- [ ] ⅛ teaspoon salt

You will need

- a mincer (the source's food chopper) with a fine blade

Method

1. [ ] Put the cranberries, tart apples and orange through a mincer fitted with its fine blade.
2. [ ] Combine the chopped fruit with the sugar and salt.
3. [ ] Chill for several hours before serving.

Notes

- The source says the relish may be stored in the refrigerator for several days.[1]
- The source says that raw apples may darken where a cut surface meets the air, especially if the fruit has touched the iron of a knife blade or chopper, and that mixing them with fruit juice, orange among others, protects them.[1]

The apples

The source asks for two tart apples, which go into the relish raw and unpeeled. Its table of varieties marks eleven for eating raw and describes nine of those as tart in some degree.[1]

Varieties the sources name:

Cortland (North America) Grimes Golden (North America) Jonathan (North America)
McIntosh (North America) Northern Spy (North America) Stayman (North America)
Winesap (North America) Newtown Pippin (North America) York Imperial (North America)

This recipe

It follows Apples in Appealing Ways (Home and Garden Bulletin No. 161). The source uses American measures (cups, spoons, pints and pounds); the metric amounts are this site's conversions. This site has no kitchen and has not cooked the recipe.

What was changed: The source's food chopper is our mincer. The metric quantities are our conversions of the source's cups. The source gives the yield as 1⅔ cups and does not state the size of the apples or of the orange.

How the recipes are chosen and converted

Sources

1. Apples in Appealing Ways (Home and Garden Bulletin No. 161) (https://www.gutenberg.org/ebooks/62284), Human Nutrition Research Division, Agricultural Research Service, United States Department of Agriculture; Project Gutenberg, April 1969.

From The World of Apples, apple.io/recipes/cranberry-apple-relish/