

# Oregon Berries

OREGON  
RASPBERRY  
AND  
BLACKBERRY  
COMMISSION



## Kitchen Equipment

The most basic kitchen equipment – a blender, a spatula and a food strainer can be used with great success to make berry purees from fresh or frozen berries. If you use this method, be sure that you have a strainer with a 1/16<sup>th</sup> inch mesh screen and a sturdy handle.

For even greater ease of preparation a food mill will make berry purees in a single step with just a quick turn of a handle. Food mills are designed to fit over a work bowl or pan by hooking on to the sides and most come with extra blades for different types of straining. When buying a food mill, look for one that is sturdy and holds at least 2 quarts of food. This will allow the job to be finished in one or two passes rather than many small batches. We have found that the Foley Food Mill works well for berry puree.

All of the above tools are available in cookware departments of most stores or online at many cookware sites

## Berry Puree

### How to make berry purée:

1. **Using a food mill** – place fresh or thawed frozen berries in the hopper of the food mill fitted with an extra fine screen size. Place food mill on top of a glass or non-reactive metal bowl. Turn handle to strain puree.
2. **Using a food strainer and plastic spatula** – heat desired amount of berries (fresh or frozen) in a saucepan until juices are released and berries are softened. Put berries in a mesh food strainer on top of a non reactive bowl and press with the blade of the plastic spatula until only pulp that is mostly seeds remain. Scrape underside of the sieve with spatula to release all puree.
3. **Using a blender** – blend fresh or thawed frozen berries for 20 seconds, then press mixture through a mesh sieve using a plastic spatula, as outlined above. Heating is not needed.
  - ◆ If a sweetened puree is desired add 2 tablespoons of sugar per cup of whole berries, after straining.
  - ◆ 1 cup of fresh or whole frozen raspberries or blackberries will yield ½ cup of puree

### Hints for using berry purée

- ◆ Spoon a small pool of sweetened berry puree in the center of a dessert plate.  
Top with a serving of pastry – cake, cheesecake, pie or tart.
- ◆ Mix berry puree with teriyaki or barbeque sauce for a delicious marinade for meats.
- ◆ Add berry puree to wine or champagne for a festive occasion.
- ◆ Make berry butter by mixing lightly sweetened berry puree with softened butter. Spread on rolls, muffins, waffles or French toast.
- ◆ Mix berry puree with prepared lemonade to make berry lemonade. Mix 1 teaspoon per 8-ounce glass.
- ◆ Make children's Popsicles by mixing lightly sweetened berry puree with plain or sweetened yogurt and freezing in Popsicle molds or small paper cups with wooden sticks inserted. Freeze overnight.



# Recipe

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## Marionberry Sorbet

**Serves 6-8**

6 cups Marionberries  
½ cup sugar /or to taste  
2 tablespoons Kirsch or Crème de Cassis  
2 egg whites  
2 tablespoons sugar

Puree berries in blender. Strain to remove seeds.  
Stir sugar and liqueur into berries.  
Turn into freezer; freeze at least 1 hour or until mushy.  
Stir to break up ice crystals.  
Beat egg whites with 2 tablespoons sugar until stiff.  
Fold into Marionberry mixture and return to freezer for several hours.  
Remove from freezer 10 minutes before serving.

### Nutritional Information

<b>Calories</b>	179
<b>Carbohydrates</b>	42 g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	19mg
<b>Protein</b>	2 g
<b>Vitamin C</b>	30mg
<b>Calcium</b>	47mg