

Mossberry/Lingonberry Products

Fruit Leather

Food Development Centre Portage la Prairie, R1N 3J9 MB, Canada October 14, 2005

Method

Ingredients	wt(g)	%	x10
Lingonberry puree	266.68	47.90	479.90
Apple juice conc.(TT)	136.01	24.48	244.80
Apple powder	78.94	14.21	142.10
Water	74	13.32	133.10
Total	555.63	100.00	5556.3

1. Thaw berries overnight under refrigeration condition
2. Clean berries of leaves, dirt and unwanted materials
3. Add berries to a food processor (max 75% capacity)
4. Blend the berries in food processor for 7-10 min.
5. Heat the puree to 60C and hold for 5 min.
6. Allow puree to cool to room temperature before use
7. Hydrate apple powder water for 5 min.
8. The apple juice concentrate, Lingonberry puree, and hydrated apple powder are hand mixed for 5 min. or until well blended.
9. Weigh about 550g slurry and pour into trays to a thickness of approx. 0.3cm
10. Level out as much as possible
11. Dry product in Hobart mini rack oven (60C; 8-12hr). Air circulation, vent switched on. Tray positions can be exchanged once during drying.
12. De-pan at room temperature.

This method is not supported by the Land of Little Sticks Boreal Harvesters Association as it is just as much an apple fruit leather as it is a Lingonberry fruit leather.

Apple orchards are fertilized and sprayed with pesticide. The apples are then crushed with their skins on and processed and the juice is possibly stabilized with additives.

Northern Manitoba wild Lingonberries are free of ground or air pollution.

To make Lingonberry fruit leather or Lingonberry Jam we recommend separating the juice from the pulp. This way less sweetener and no binder is needed.

Method

1. Thaw frozen berries in lukewarm water.
2. Add a small amount of chlorine bleach to water to wash berries and pre-kill any possible bacteria which may be present from hand picking. Stir the berries in the solution and then rinse well with clear water.
3. Separate the juice from the pulp by steaming the berries in a Mehu-Liisa Juice Extractor & Steam Cooker. The hot steam kills bacteria and produces clear concentrated juice.
4. Add sugar to the pulp to your taste and spread the pulp in pans to dry.

Note: The pulp is sticky; therefore line trays with parchment paper or use coated pans. The pulp in trays should be dried, preferably in a dehydrator which circulates air, but you can also use an oven at very low heat. The pulp releases water very slowly, with too much heat the pulp will form a surface film restricting water evaporation.

The fruit leather made from pure Lingonberry pulp and skin without the apple taste to it is a much preferred fruit leather.

The high content of benzoic acid is what gives the fruit leather, jam and juice the taste and long shelf life.

Benzoic acid is commercially used for food preservation.

Mossberry/Lingonberry Jam

To make jam, puree the pulp from the Mehu-Liisa Juice Extractor in a food mill (food processor) and add sugar. No complicated recipes are needed.

Mossberry/Lingonberry Juice

The hot juice from the Mehu-Liisa Juice Extractor, when collected in a sterilized container, sealed before juice cools, and stored in a cool environment, will keep for years. If mould forms, separate mould and keep juice. After removing any mould, we recommend bringing juice to a boil and hold for 5 minutes at boil before using. After opening the container, it is recommended to refrigerate the juice.

Lingonberry Jello

We recommend bringing concentrated juice or diluted juice to a boil, stir in sugar, add pectin (Knox Gelatin), follow instruction on the package, cool and enjoy.

Whipped Lingonberry Pudding

Mix 2 cups of juice from juice extractor with 1 cup of water, bring to boil and stir in 1 cup of sugar, slowly add ½ cup of cream of wheat stirring constantly, boil to thicken. Whip puree in electric mixer on high speed until puree becomes fluffy. (10-15 minutes)

Finnish Cranberry Whip (from Mehu-Liisa cookbook)

- 1 cup boiling water
- 1 ½ cups cranberry juice
- ¼ cup cream of wheat (instant)
- ¼ cup sugar

Mix boiling water and cranberry juice in saucepan and add cream of wheat, stirring. Cook at low heat for 7 minutes; add sugar and cool, beating with a whisk until very light and fluffy. Pour into serving bowls and refrigerate. Serve with cream to pour over. Makes 6 servings.

Marinated Lingonberries

A gourmet chef or hunter's "must-have" for marinating wild game and preparing sauces. Wash frozen or fresh Lingonberries (in weak chlorine solution), and rinse well. Fill sterilized jars with the clean berries and pour boiling hot juice over berries to cover. Seal hot jars and cool.

Lingonberry Juice to drink

We recommend diluting 350ml of juice with water to make 4 litre of delicious juice to drink. Add sugar to your liking. Some of our members use less dilution or no sugar.