



## Red Currants

*Ribes Rubrum*

[www.sandhillberries.com](http://www.sandhillberries.com)

- Ⓢ The English word “currant has only been used for this fruit since 1550 taken from the fruit’s resemblance to the dried currants of Greece, which are really raisins
- Ⓢ Red, Pink and White currants are thought to originate in Europe, whereas black ones came from Europe and Asia.
- Ⓢ 1 cup of currants contain 77% of your daily needs of Vitamin C as well as some calcium and iron. They also contain polyphenols which are considered to be antioxidant, anti-inflammatory, antihistamine and protective against tumors and heart disease.
- Ⓢ Storage. Remove soft fruit. Blot the remaining fruit to remove excess juices and put in container covered with a paper towel in the refrigerator. They can also be frozen
- Ⓢ The red currant has a clean, palate cleansing taste. The berries make a beautiful jelly, which can be used as a glaze to brush over fruit tarts, to use on poultry or lamb, or as the perfect topping for an English muffin.

## **Currant Coulis:**

### Ingredients

2 pints fresh or frozen red currants, stemmed and washed  
1 cup sugar  
1 tablespoon currant vodka

### Directions

Place currants in a small saucepan with the water and sugar. Bring to a boil and cook gently for 10 to 12 minutes, or until soft. Puree through a food mill, and add currant vodka and a little more water if it's too thick

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## **Red Currant Mini-Cakes**

### Ingredients

2/3 cup (80g) confectioners sugar, sifted  
1/2 cup (60g) almond powder  
1/2 cup (50g) flour, sifted  
Currants  
3 egg whites  
1/4 tsp baking powder  
2 oz (60g) unsalted butter, melted

### Directions

1. Preheat oven to 350°
2. Mix together all the dry ingredients in a bowl.
3. Lightly beat the egg whites and add to the dry ingredients.
4. Prepare a muffin pan and add the mixture. Top with currants.
5. Cook for 15-20 minutes. Remove from oven, cool and remove from pan.