



RECIPES

THE CULTURAL VALUE OF TREES



AWES

Agroforestry & Woodlot
Extension Society



Bing Tanghulu
Candied
Hawthorn Stick
冰糖葫蘆

INGREDIENTS

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- 30 Hawthorn Berries
 - 10 Skewers
 - 4 1/2 Cups Sugar
 - 1 Cup Water
 - 1/3 Cup Corn Syrup

DIRECTIONS

1. Prepare baking sheets with parchment paper or silicone mats.
2. Wash and dry berries thoroughly.
3. Skewer berries careful on to skewer, try not to twist or loosen the berries grip on the skewer.
4. In a saucepan, heat sugar, water, and corn syrup until it reaches 340°F (171°C) and turns golden amber.
5. Quickly dip skewered fruit in caramel, twisting to coat evenly.
6. Place on parchment paper to cool. Reheat caramel if needed.
7. Enjoy immediately; keeps well at room temperature for up to 6 hours.

NOTES

Recipe Adapted from Ellen L. with Hong Kong Cookery: <https://www.thehongkongcookery.com/2017/02/bing-tanghulu-candied-hawthorn-stick.html>



Spruce Tip Jelly

INGREDIENTS

- 2-3 cups washed spruce tips
- 6 cups water
- 2-4 cups sugar, to your taste
- 1 pkg pectin
- 1 pea-sized ball of butter or margarine (to prevent foaming and boiling over)
- 1/4 cup lemon juice

DIRECTIONS

1. Boil water in a pot.
2. Place cleaned spruce tips in a heatproof container. Pour the boiling water over the spruce tips, ensuring they are fully submerged. Let steep for 4 hours. The color of the liquid may not be appealing at this stage, but don't worry.
3. After 4 hours, strain the spruce-tip water into a clean pot, gently pressing the tips to extract as much liquid as possible without mashing them.
4. Bring the spruce-tip water to a boil. Add sugar, pectin, and a small amount of butter. Return to a vigorous boil.
5. Once boiling, add lemon juice. Return the mixture to a rolling boil.
6. Cook the jelly until it reaches a temperature above 105°C (220°F) using a candy thermometer. Alternatively, experienced jelly makers can use other methods such as the spoon test or the ice-water test to determine the consistency.
7. Process the jelly according to your desired method of preservation, or store it in sterilized jars. If you choose to can the jelly, follow the steps of a trusted canning recipe for proper instructions.

Recipe Adapted from Arne Fulton with Savoury Calgary: <https://savourycalgary.ca/spruce-tip-jelly/#recipe>



INGREDIENTS

Pectin from Crabapples

2lbs Crabapples
3 cups water

DIRECTIONS

1. Simmer washed whole crabapples with water for 30 minutes.
2. Mash and strain through cheesecloth-lined colander.
3. Use the strained liquid as a substitute for liquid pectin in fruit jelly or jam recipes.
4. Compost leftover mash.

NOTES



Recipe from the University of Saskatchewan. <http://surl.li/ryutp>



Berry Soup

INGREDIENTS

Dried Saskatoon
Berries
Flour
Sugar

DIRECTIONS

1. In a pot, bring water to a boil.
2. Add dried saskatoon berries to the boiling water.
3. If making soup from crushed berry patties, soak the patties first in water in a shallow pan until soft, then add to the boiling water.
4. Cook berries until they return to their original size.
5. In a separate bowl, mix cold water with flour or cornstarch to make a paste.
6. Gradually add the paste to the berries and water mixture, stirring continuously.
7. Continue to stir until the mixture thickens to the desired consistency.
8. Optional: Add sugar to taste, either during cooking or after.
9. Serve hot, either with fried bread or on its own.

NOTES

Recipe Adapted from Mary Ann Wells, Elder - Kainai First Nation, Traditional Methods of Canning and Preserving: Yellowhead Tribal Council, Enoch Alberta, 2007



For more information, and to share your recipes please contact:

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