



## **Fresh “From the Forest” Fruit Preserves**

*Fresh picked berries have outstanding flavor*

12 ounces mixed raspberries or strawberries  
1/4 teaspoon kosher salt  
1 teaspoon red wine vinegar  
3 to 4 Tablespoons granulated sugar  
1/4 teaspoon ground cinnamon, optional

In a medium saucepan, cook the raspberries and chopped strawberries with the salt over moderate heat about 5 minutes until they start to break down, releasing their juices. Add the vinegar and sugar; cook over moderately low heat, stirring occasionally; crush berries with the back of a spoon or masher, until very thick, about 45 minutes. Transfer the preserves to a small bowl and let cool to room temperature, then refrigerate.

Yield: about 1/2 cup

If desired, remove seeds with strainer. Yield: about 1/3 cup  
Can be refrigerated for 2 weeks

### **To Make Fresh Blueberry Preserves**

*Follow the above general recipe for Fruit Preserves except:*

Use 12 ounces fresh blueberries

In place of vinegar, I used about 1-1/2 teaspoons fresh lemon juice

1/8 teaspoon ground nutmeg, optional

Yield: 3/4 cup

**Cook's Note:** The recipe picture also showed a serving of cultured butter. I formed the butter into a small ball and rolled it into a cinnamon/sugar/ground pecan mixture to coat it. I also sprinkled some this mixture over the bread's top.

### **Recipe by Chef Iliana Regan**

She uses a variety of berries to make preserves depending what is in-season. Her original recipe was for fresh red raspberry preserves. She used acidic red vinegar to balance the sweetness.

Chef Iliana Regan has mastered making brioche, which takes several days and adds lots of butter. The baked bread is so tender and has a dark golden crust. I sprinkled the top with confectioners' sugar and served slices with fresh fruit preserves.

I followed most of her directions but made my bread using Platinum Yeast from Red Star, following the yeast package instructions. If you want more information about this bread:

For More Information See:

<https://www.foodandwine.com/recipes/fresh-raspberry-preserves>

<https://www.foodandwine.com/recipes/extra-rich-brioche>

**About the Recipe:** Chef Iliana Regan of Chicago's Elizabeth restaurant doubles the preserves' recipe and uses different berries depending on the season. The fresh taste of the berries makes a delicious preserve to serve with her Rich Brioche Bread, that has a buttery, tender crumb and dark golden crust.