



"The Local Buy" Recipe, Episode 607

Aronia Recipes

Courtesy of Chester River Aronia

Durrie's Zucchini Aronia Bread

Ingredients

- 3 eggs
- 3 cups grated zucchini
- 1 cup oil
- 3 cups sugar
- 3 cups all-purpose baking flour
- 2 tsp baking soda
- ¼ teaspoon baking powder
- 1 teaspoon salt
- 1 cup chopped walnuts (optional)
- 1 cup aronia berries, fresh or frozen
- 1 tablespoon ground cinnamon
- ¼ teaspoon ground cloves
- 2 teaspoon vanilla extract



Directions

1. Pre-heat oven to 350 degrees
2. Beat 3 eggs, 3 cups grated zucchini, and 1 cup oil until blended.
3. In a separate bowl, combine 3 cups sugar, 3 cups flour, 2 teaspoons baking soda, ¼ teaspoon baking powder, and 1 teaspoon salt.
4. Add wet mixture to dry and mix well.
5. Add 1 cup chopped nuts (if desired), 1 cup fresh or frozen aronia berries, 1 tablespoon cinnamon, ¼ teaspoon ground cloves, and 2 teaspoons vanilla.
6. Pour into 3 large or 6 small loaf pans that have been sprayed with non-stick spray.
7. Bake in 350-degree oven for 45 minutes for 6 small loaves or 60 minutes for 3 large loaves. Test with a toothpick to see if it's done.

Oatmeal Aronia Cookies

Ingredients

- 2 sticks of softened butter
- 1 ½ cups of brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 ½ cups of all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- ½ teaspoon salt
- 3 cups uncooked oatmeal
- 1 cup frozen aronia berries



Makes approximately 4 dozen cookies.

Directions

1. Pre-heat oven to 350°F.
2. With an electric mixer, beat sugar and softened butter until creamy. It may be necessary to add the eggs and vanilla as a liquid.
3. Add the eggs and vanilla at this time if you haven't already.
4. Mix flour, cinnamon, salt, and baking soda well.
5. Add oats and berries, folding with a spoon or fork. Avoid crushing the berries with a mixer.
6. Place tablespoon-sized amounts of batter on an ungreased cookie sheet and bake for 8 to 10 minutes.
7. Cool on cookie sheet for 1 to 3 minutes then remove to wire cooling rack.

Aronia Jam

Ingredients

- 4 cups crushed aronia berries
- 1 cup water
- 2 tablespoons lemon juice
- 5 cups sugar
- 1 packet Sure-Jell

Directions

Cook according to Sure-Jell package. Makes 8 half pint (8 ounce) jars.



Super-Antioxidant Aronia Smoothie

Ingredients

- ½ can coconut milk (or other milk)
- 2 cups aronia berries
- 2 frozen bananas
- 1 cup plain yogurt or kefir
- 1 cup raspberries or other fruit

Cranberry/Aronia Sauce

Ingredients

- 1 12-ounce bag cranberries
- ¾ cup aronia berries, fresh or frozen
- 2 cups sugar
- ½ cup water
- ½ cup orange juice
- 2 teaspoons grated orange zest



Directions

Combine ingredients in a large skillet. Cook uncovered over medium heat until most of the cranberries pop open and the mixture is somewhat thickened, 7 to 10 minutes. (The aronia berries won't pop.) Let cool and serve or refrigerate for up to a day.