

LIFE

Recipe revamps cranberries

Tradition has it that a Thanksgiving turkey dinner is not complete without cranberry sauce. Tradition also has it that every November, I find myself scratching my head, trying to reimagine cranberry sauce.

I have nothing against cranberries, mind you — nor a sauce, for that matter. I couldn't imagine the holiday table without a heaping bowl of glistening ruby berries simmered into a tart compote. Yet each year, I make a cranberry sauce and present it at the table. And each year, I wrap up the sauce after our meal, nearly untouched, and store it in the refrigerator for goodness-knows-



LYNDA BALSLEV

what future purpose. I am not sure if this is a problem unique to my family, or if it's a hushed issue shared by others, too embarrassed to voice their cranberry dysfunction in public. Let me know if you have any insight. Nevertheless,

each year I persevere and make a cranberry sauce — but now I make it with a twist. A straightforward cranberry sauce consists of cranberries and sugar, which (to me) is one-dimensional. Why not step out of the comfort zone and make a jazzy sauce that can be creatively repurposed? I jack up my sauce, transforming it into what could also be called a chutney — in other words, a condiment that has legs: a tasty, vibrant sauce that will carry you through the entertaining season.

Chutneys are a raucous sludge of fresh and dried fruit simmered in a sweet, sharp bath of citrus, maybe vinegar, perhaps a splash of spirits, and infused with sweet whole spices, savory aromatics and a kick of heat. A sweet and puckery chutney will provide a little extra bling to your Thanksgiving while seamlessly multitasking beyond the turkey dinner, because, yes, there may be leftovers.

Spread it on a sandwich, serve it on a cheese and charcuterie board, dab it on cocktail crostini, or spoon a dollop alongside a beef roast or pork loin. Who knows? You might be very pleased this year when you have a lot of cranberry sauce left



LYNDA BALSLEV/TASTEFOOD

This cranberry bourbon chutney recipe delivers a flavorful condiment for Thanksgiving tables and leftover dishes.

over after Thanksgiving.

Cranberry Bourbon Chutney

- Active time:** 25 minutes
- Total time:** 25 minutes, plus overnight chilling
- Yield:** Makes about 2 cups
- Ingredients:**
 - 12 ounces cranberries (fresh or frozen)
 - 1 cup golden raisins
 - 1/2 cup fresh orange juice
 - 1/2 cup packed light brown sugar
 - 1/4 cup bourbon
 - 3 coins cut from a finger of fresh ginger
 - 1 (3-inch) sprig fresh rosemary
 - 1 (2-inch) cinnamon stick
 - Zest of one orange
 - 1/4 teaspoon allspice
 - 1/4 teaspoon kosher salt
 - 1/4 teaspoon freshly ground black pepper

Steps:
Combine all the ingredients in a medium saucepan. Bring to a simmer over medium heat, stirring frequently to dissolve the sugar. Reduce the heat to medium-low and simmer, uncovered, until the cranberries burst and the chutney thickens, about 20 minutes, stirring occasionally.

Remove from the heat and cool completely. Discard the ginger, rosemary sprig and cinnamon stick. Transfer the chutney to a glass container and refrigerate for at least 1 day to allow the flavors to develop. Store in the refrigerator for up to 1 week or freeze for up to 1 month. Serve at room temperature.

Lynda Balslev is an award-winning cookbook author, recipe developer, tester and editor. Taste Food is distributed by Andrews McMeel Syndication.

Sign up today for the Holiday Challenge

Do you have a runny nose, headache, or a sore throat? The only way to know if it's the flu or COVID is to get tested. If it's COVID, please get treated. Eat healthy, do some physical activity, and sleep 7-9 hours a night to help you stay healthy this holiday season.



SHUTTERSTOCK

Will Eat Smart Move More have its Holiday Challenge this year? Please tell us about it. CC, Greenville

The challenge has been a great success, and the Eat Smart Move More North Carolina Movement announced it will sponsor it for the 16th year. Samantha Stolins, a senior ECU dietetics student has this information to share. Registration has already begun.

So many people, not only from North Carolina but other states, who find self-care difficult before, during and after the holidays find this resource a great help. Americans tend to gain 1 to 5 pounds during the holidays. The goal of this challenge is to not necessarily achieve weight loss but to maintain the same weight throughout the holidays. The challenge is a free seven-week virtual program that provides strategies and resources to maintain the same weight during the holidays.

The resources that are provided through email are weekly newsletters,

Americans tend to gain 1 to 5 pounds during the holidays. The goal of this challenge is to not necessarily achieve weight loss but to maintain the same

weekly challenges, daily tips and healthy holiday recipes. There is social media support and other support tools included. Some tips give suggestions on managing holiday parties and gatherings, managing stress, and staying physically active during the holidays. Tools also are available through their webpage Eat Smart, Move More, Weigh (<https://esmmweighless.com>) under the tab labeled "Holiday Challenge Tools."

Tools include a free downloadable tracking log for food, physical activity and weight; previous holiday recipes; a list of healthy ingredient substitutions; guidance on a variety of strength exercises that can be performed; and a downloadable meal planner with a shopping list. These resources and a newsletter are good for year-round support not just the holidays.

During the challenge, participants gain support not only from the resources but also through family members, coworkers and people on different social media platforms like Facebook and Instagram.

On Instagram there are posts that include motivational comments, simple recipes, seasonal produce lists, eating tips and challenge reminders. On Facebook there is a private group that is welcoming and respectful for anyone who registers.

This virtual holiday challenge is available to everyone across the United States and the world for free. This year's challenge runs from now through Dec. 31 One way to join is by searching on Google for the Eat Smart, Move More Holiday Challenge and the top results should provide the webpage esmmweighless.com/holidaychallenge/. Click and you will get details and a way to register.

The webpage provides a tab called Holiday Challenge which allows access to registration, tools and frequently asked questions (FAQs). After clicking the Holiday Challenge Registration, the registration webpage will appear. There is a button available on the registration webpage. Click and supply an active email address, first name, address, and how you

learned about the challenge. You will receive a confirmation email. The same website has information about past accomplishments.

Last year about 47,600 people across the world joined the challenge. In North Carolina, 15,232 people participated. Most were from Wake County. Orange County had just about 100 more than Pitt County. Pitt, with 524, beat out Durham County with 489. Let's see if we can beat last year's enrollment.

The results for those who participated were great. Seven of every 10 of participants maintained their weight. Two out of 10 actually lost some weight. Participants said doing the challenge gave them more confidence in losing or maintaining their weight. Don't wait. Sign up now and enjoy your holidays.

Professor emeritus Kathy Kolasca, a registered dietitian nutritionist and Ph.D., is an affiliate professor in the Brody School of Medicine at ECU. Contact her at kolasaka@ecu.edu.

CROSSWORD & CRYPTOQUIP

ACROSS

- 1 Estate recipient
- 5 Morning moisture
- 8 Skip
- 12 Summit
- 13 Mentalist
- 14 Mediocre
- 15 Bed linen
- 17 Tarzan's clique
- 18 Commercial cow
- 19 Poet
- 21 Let fall
- 24 Spell-off
- 25 Confront
- 28 Sand formation
- 30 Expert
- 33 Family card game
- 34 Choir member
- 35 Pair
- 36 Pinch
- 37 Activist

DOWN

- 1 Abhor
- 2 Earth sci.
- 3 Rap-scallions
- 4 Dwell
- 5 Expected
- 6 Before
- 7 Accompanying
- 8 Orange variety
- 9 Hairdresser's
- 10 "Understood"
- 11 Throw

16 — Majesty

20 Modern taxi rival

22 Frankfurt's river

23 From Carthage

25 Gaiety

26 Singer DiFranco

27 Bargain for leniency

29 Taboo

31 Recipe measure

32 A billion years

34 Pond duck

38 Euphoric

40 Mexican snacks

42 Tummy muscles

43 — bitty

44 Stallion's mate

45 Pinnacle

47 — avis

48 Alum

49 Old U.S. gas brand

52 Acapulco gold

53 Expert

Solution time: 23 mins.

D	R	U	M	H	A	T	L	E	G	O
A	C	R	E	O	V	O	E	G	A	N
D	A	L	L	O	W	A	Y	G	A	L
E	W	E	S	P	E	L	L	S		
T	I	M	E	S	A	T	T	N		
A	D	E	S	B	R	O	A	D	W	A
L	E	N	D	O	E	R	S	A	R	E
C	A	U	S	E	W	A	Y	S	I	L
E	L	L	S	U	P	T	O	P		
S	H	A	R	I	F	A	K	A		
P	E	T	E	U	N	D	E	R	W	A
I	R	O	N	L	E	A	K	I	W	I
N	O	M	E	S	A	M	S	T	E	P

Yesterday's answer 11-16

1	2	3	4	5	6	7	8	9	10	11		
12				13				14				
15				16				17				
18						19	20					
			21		22	23		24				
25	26	27			28		29		30	31	32	
33				34					35			
36				37					38			
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43	44				45			46		47	48	49
50					51	52	53					
54					55				56			
57					58				59			

11-16 CRYPTOQUIP

O Z M Z I N D K C X R S R H H Y Z Z L

O R C J K C P J H I S K C R H R Y P T

Z X H R D Z L R J K N M V D Z I H O S T

C R L T O " N I H V R V R H V R ? "

Yesterday's Cryptoquip: WHAT COULD YOU CALL PEOPLE WHO LOOK SIMILARLY MUSCULARLY BUILT AS OBAMA? SOLID AS BARACK.

Today's Cryptoquip Clue: P equals G

The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

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BRIDGE

BY PHILLIP ALDER
United Feature Syndicate

Occasionally a deal will come along in which you must cling like a barnacle to a collection of low cards in one suit even though you know that none will ever win a trick. Does that sound impossible? Read on!

In an international team event, only one pair reached the borderline six-diamond contract, via the given auction. They held only a combined 23 high-card points, but five heart tricks would be enough to bring home the slam. (Note that if either North has the heart jack extra or South has three spades and two clubs, the slam is almost laydown.)

West led a top club and switched to the spade queen. South won with the ace and ran off six rounds of diamonds. West discarded four clubs and one of his "useless" hearts. Now it was easy for South to play hearts from the top and claim when the jack dropped.

Suppose instead that West defends better, keeping all four of his hearts. Even though the percent-

North		11-16-22	
♠ 9 7 6			
♥ A Q 10 6 2			
♦ A J 7 6			
♣ 10			
West		East	
♠ Q J 8		♠ K 5 2	
♥ 7 5 4 3		♥ J 9	
♦ 3		♦ 9 4	
♠ A K J 7 6		♣ Q 9 8 5 3 2	
South			
♠ A 10 4 3			
♥ K 8			
♦ K Q 10 8 5 2			
♣ 4			
Dealer: North			
Vulnerable: Neither			
South	West	North	East
		1♥	Pass
2♠	Pass	3♦	Pass
3♠	Pass	5♣	Pass
6♦	Pass	Pass	Pass
Opening lead: ♠ K			

age play in hearts is to play off the king, ace and queen, South will probably be aware that West has kept four hearts. If so, there are 10 low doubletons that East could hold and only five jack doubletons. So it is twice as likely that West has jack-fourth than four low cards.

If South thinks this way, he will cash the heart king and play a heart to dummy's 10, going down with the actual distribution.

When you have length in a suit where an opponent is also long, always consider keeping your holding intact if you can.