

How to Make Raw Cranberry Relish

With Mama T

[Music Playing]

Mama T: Hi everybody! Welcome to Down to Earth!

My name's Mama T.

And today I'm going to share with you...

One of my favorite holiday recipes.

It's cranberry relish.

A raw cranberry relish...

That is so easy and delicious...

You might even want to swap it out for your regular cranberry sauce.

It's that good!

Alright... here we go!

First up, we're going to add three cups of fresh organic cranberries.

Right into our food processor.

Make sure you give them a good wash.

We're also going to add the juice of one orange.

We're also going to include the zest from that same orange.

We have one quarter cup [of] Agave.

Raw Agave syrup...

We have four Medjool dates...

We've soaked them in water for 20 minutes.

Make sure you drain and rinse the water out...

This is the equivalent to about one-third cup [of] dates.

If you are using Deglets...

Make sure you take your pits out.

We're going to add half a teaspoon of ground cinnamon.

Just a pinch of cloves...

One cup of chopped green apple.

Make sure you use the green apple...

Because it adds a delicious tartness...

To this relish...

And then just a very slight pinch of salt.

Cover and process...

[Food Processing Sound]

Make sure to give it a little check...

And take a spatula and run around the sides.

To any loose items that are not getting processed.

And... process just a little bit more...

[Processing Sound]

Presto! We have raw relish...

It took a matter of maybe three to four minutes...

To process in the food processor.

And look how much relish it yields.

This is a perfect side dish on your holiday table.

And there's enough for everyone...

Quick, simple, easy, and delicious!

Happy holidays everyone... from Down to Earth.

Check out the recipe on the Down to Earth website:

<https://www.downtoearth.org/recipes/appetizers-sides/raw-cranberry-relish> .