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Dried cranberries were finely minced with wild game and fat and pressed into cakes which were dried. This was much like the Chinook practice of mixing salal berries with smoked salmon and animal fat or fish oil and preserving them for the long, wet winters in the Pacific Northwest.

The Long Beach Peninsula is a natural habitat for the cranberry. Like the growth of this indigenous berry in Maine and parts of Canada, the Peninsula was the beneficiary of the delicacy long before the Euro-Americans laid claim on the Chinook's ancient homeland. Through slump and peak seasons, the berry and the hard-working farmers have survived. The berry became the official representative of Thanksgiving

and Christmas, but its popularity suffered through other seasons, though less so once people discovered cranberry juice.

Laurie, my Scandinavian-American partner and wife, created her cranberry pot roast on a cold breezy day in November. She chooses a chuck roast, which when slow-cooked breaks down into a rich and flavorful roast. It is also relatively affordable, at least compared to many other cuts of beef. The addition of orange rind, cinnamon and cloves to the cranberry sauce fills the air with the aroma of the holidays.

Especially during our colder months of the year, this meal accompanied by a roaring fire and a glass of your favorite red wine is sure to please.



Hailey Hoffman/The Astorian

The berry goes on to make juice, sauce, roasts and adds flavor to numerous seasonal dishes.



David Campiche

A cranberry pot roast.

Cranberry Pot Roast

By Laurie Anderson

For the roast:

3 Tablespoons flour

1 teaspoon salt

¼ teaspoon black pepper, freshly ground

One 3 to 4-pound beef pot roast

3 Tablespoons oil

1 small yellow onion, sliced thinly lengthwise

1 large clove garlic, minced

4 whole cloves

2 inches stick cinnamon

¾ cup beef broth

Cranberry Sauce, recipe follows

Combine flour, salt and pepper and rub into pot roast on all sides, using all of the mixture. In Dutch oven, heat oil and slowly brown onions and garlic until translucent and limp in hot oil. Remove from heat. Add the pot roast and brown

on all sides. Next add cloves, stick cinnamon, pre-cooked onion and garlic and beef broth to pot roast. Cover tightly and simmer about 2 ½ hours or until tender, adding more broth if necessary. Spoon off fat. Add Cranberry Sauce and heat through before serving. This recipe lends itself well to a slow-cooker.

For the sauce:

One 12-oz. package cranberries

1 cup water or red wine, such as Cabernet

1 cup sugar

1 orange with peeling, sliced in circles as thinly as possible, seeds removed

6 whole cloves

1 whole stick cinnamon

Add sugar to water or wine and bring to a boil. Then add cranberries and the rest of the ingredients. Allow to come to a boil, then simmer gently for 15 to 20 minutes.