

JUNIPER BERRIES

A juniper berry is the female seed cone produced by junipers. It is not a true berry, but a cone with unusually fleshy and merged scales, which gives it a berry-like appearance. The cones from a handful of species, are used as a spice, particularly in European cuisine, and give gin its distinctive flavour. Juniper berries are among the only spices derived from conifers, along with spruce buds.



The flavor profile of young, green berries is dominated by pinene; as they mature this piney, resinous backdrop is joined with a "green-fresh" and citrus note. The outer scales of the berries are relatively flavourless, so the berries are almost always at least lightly crushed before being used as a spice.

Juniper berries are used in northern European and particularly Scandinavian cuisine to impart a sharp, clear flavor to meat dishes, especially wild birds (including thrush, blackbird, and woodcock) and game meats (including boar and venison). They also season pork, cabbage, and sauerkraut dishes. Besides Norwegian, Danish and Swedish dishes, juniper berries are also sometimes used in German, Austrian, Czech, Polish and Hungarian cuisine, often with roasts (such as German sauerbraten).

JUNIPER BERRIES SALMON

*Prep Time: 5 min –
Cook Time: 20 min – 2 servings*



INGREDIENTS

- 1 lb. Salmon
- 2 TBSP Butter
- 1 TBSP Juniper berries
- 2 Limes
- 1 TSP Kosher Salt

INSTRUCTIONS

1. Pre-heat the oven to 375F
2. Melt the butter. Crush the juniper berries and finely chop them. Zest one of the limes and then thinly slice them both.
3. Mix the butter, juniper berries, and lime zest together in a small bowl.
4. Place two pieces of tin foil on a baking sheet. Place the salmon, skin side down on the foil. Sprinkle with the kosher salt and then drizzle the butter and juniper berries mixture over the top. Bring the pieces of foil together to crimp them shut.
5. Bake the salmon for 20 to 25 minutes, until the salmon flakes or reads 145 F on an instant-read thermometer.

RISSOTTO WITH APPLE & JUNIPER BERRIES

50 min cook — 4 servings



INGREDIENTS

- 3/4 cup short grain rice
- 1 spring onion
- 1 tbsp butter
- 1 liter of broth
- 3 small apples
- 4 juniper berries
- 1 cup of heavy cream
- 1 lemon
- Grated Parmesan cheese

INSTRUCTIONS

1. In a saucepan, sauté the finely chopped onion together with the butter, juniper berries and grated rind of half a lemon.
2. As soon as the onion begins to brown, add the rice and let it roast for a few seconds, then add half a liter of broth and cook over low heat for about 10 minutes while continuing to add stock as the rice absorbs it.
3. Peel the apples and cut into slices, then sprinkle with the lemon juice and add to the rice. Stir and cook for a further 7 minutes and just is cooked turn off the heat and add the cream.
4. Stir briefly and serve with a generous sprinkling of grated cheese.

JUNIPER & HONEY POT DE CREME



INGREDIENTS

- 1 1/2 cups heavy cream
- 1/2 cup whole milk
- 1/2 cup mild-flavored honey
- 2 tablespoons dried juniper berries, lightly crushed
- 6 large egg yolks
- Whipped cream, sea salt, and toasted pine nuts to serve

**Note: If you would like a stronger juniper flavor, crush the berries first to extract more flavor.*

INSTRUCTIONS

1. In a medium saucepan combine the heavy cream, milk, honey, juniper berries, and salt. Bring to a low simmer and turn off the heat. Let steep for 30 minutes then strain out the berries.
2. While the cream steeps, preheat the oven to 300° F, put a kettle of water on to boil, and arrange 4 to 6 ramekins in a baking dish.
3. Whisk the egg yolks until well combined, then whisk the warm cream mixture into the egg yolks. Divide the mixture into ramekins.
4. Put the baking dish onto the oven rack and fill the dish with about 1 inch of boiling water; the water should reach about halfway up the ramekins. Tent the dish with foil and bake for 40 50 minutes or until the custards are set, but jiggle slightly in the center. Cool the custards for at least 2 hours and up to overnight before serving.
5. Garnish with a light sprinkle of sea salt, a dollop of whipped cream, and a sprinkling of toasted pine nuts.