

Gooseberries



Gooseberries are deliciously tart berries that contain lots of Vitamin C which helps to fight off disease.

They come in a delightful color range, from green to red to purple. The less ripe they are, the more tart or sour they may taste like a sour grape.

Gooseberries are excellent for baking. Tarts, pies and cobblers made with them are very tasty. Ripe gooseberries are sweet and go well in fruit salads or even green salads.

Gooseberries store well and will stay fresh in the refrigerator for about two weeks.



Recipes

Printed from Gooseberry Recipes at <http://www.gooseberryrecipes.org/>

Gooseberry Pie

Ingredients:

4 cups of fresh gooseberries.
 $\frac{3}{4}$ cup of sugar.
 $\frac{1}{4}$ cup of all-purpose flour.
Pinch of salt.
1 tablespoon of butter.
Pastry, for double-crust pie.

Preparation:

Stem and wash the gooseberries.
Combine the sugar, flour, and salt.
Add the sugar mixture to the berries; then toss gently to coat the fruit.
Fill a pastry-lined nine-inch pie plate with the gooseberry mixture; dot with butter.
Adjust top crust. Seal and flute edge. Cover edge of pie with foil.
Bake in your oven at 375°F for 20 minutes.
Remove the foil; then bake for another 25 minutes or until golden.
Allow to cool on a wire rack

Gooseberry Fool

Ingredients:

1 lb of gooseberries.
1 oz of butter.
Sugar, to taste.
 $\frac{1}{2}$ pint of double cream (heavy cream, such as whipping cream).

Preparation:

Top and tail the gooseberries, rinse and drain them, then put them in a pan with the butter.
Soften the berries over a low heat for about 5 minutes. Once they are soft, mash them lightly with the back of a spoon.
Season with sugar, to taste.
Whip the cream until firm and fold it in to the gooseberries.
Chill before serving.