



Tumble-Jumble Berry Compote

By Dylan Sabuco

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

Equipment

- Large mixing bowl
- Liquid measuring cup
- Cutting board + kid-safe knife
- Citrus juicer
- Measuring spoons
- Wooden spoon

Ingredients

Tumble-Jumble Berry Compote

- 1 1/2 C fresh or frozen berries (blueberries, blackberries, strawberries, raspberries, or a combination)
- 1 T lemon juice
- 2 T granulated sugar

Food Allergen Substitutions

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Instructions

Tumble-Jumble Berry Compote

chop + juice

Start off by roughly chopping ***1 1/2 cup fresh or frozen berries**** of your choice. Place them in a large mixing bowl and juice **1 tablespoon of lemon juice** over the top of the berries.

sprinkle + tumble

Sprinkle the berries with **2 tablespoons of sugar** and mix. The sugar and lemon juice will form a sauce of sorts. Make sure to tumble the berries around in the sugar-lemon mixture. This is called maceration and will add tons of flavor to the berries. Plop a heaping scoop atop pancakes, waffles, or Austrian "Kaiserschmarrn" Torn Pancakes (see recipe) for a perfect combination.

Featured Ingredient: Berries!

Hi! I'm a Berry!

"To be specific, I'm an edible berry. We might be sweet or sour, colorful, juicy, and delicious! People around the world eat us alone, with other foods, and in jams, preserves, and pies! Yum! Did you know that bananas, pumpkins, tomatoes, and watermelons are technically berries!"

Thousands of years ago, before crops were domesticated, hunter-gatherers picked wild berries, an activity people still enjoy doing today.

Berry cultivation may have begun as early as the 10th century in Japan, the 14th century in Europe, and the 18th century in the United States.

The word "berry" comes from the Old English "berie," from the German "beere."

Globally, strawberries are grown twice the amount of any other berry, although strawberries, blackberries, and raspberries are not actual berries, botanically speaking—they are aggregate fruits.

Botanical berries include blueberries, cranberries, elderberries, gooseberries, lingonberries, and persimmons.

Berries are a wonderful snack eaten by themselves or added to cold and hot cereal. But they are equally delightful when made into preserves, jams, and sauces. In addition, berries are often used in baked goods like cakes, cobblers, muffins, and pies.

Berries are often called a "superfood" and are recommended by doctors and nutritionists for a healthy diet. They are high in antioxidants and fiber, and many have essential nutrients like vitamin C, helping to protect against cancer and chronic disease.