

Juniper Berries (Juniperus communis)

Use 6-8 Berries for 4 servings

Description

Juniper berries are the deep purple fruit of the Juniper bush. They have a bitter sweet, pine flavour with a peppery aftertaste.

Juniper Berries complement - beef, game, pork, venison, cabbage, terrines.

Did you know?

Juniper Berries can take 3 years to ripen on the bush. Juniper gives its distinctive flavour to gin and other spirits. Cooks in the mountainous regions of Italy, France and Germany use Juniper to flavour rich game dishes. Although Juniper grows in Britain we do not have many traditional culinary uses for it. However, it adds an excellent flavour to game, pâté and marinades. It is believed to be a diuretic and anti-inflammatory.

Quality

The berries should be large, round and plump with a deep purple colour and slight dusty bloom.

Usage

Lightly crush the berries before use to release their flavour.

Add Juniper Berries to rich beef stews and game casseroles.

Pork and venison can be well flavoured with Juniper.

Sauerkraut is traditionally flavoured with Juniper.

Use Juniper in conjunction with herbs, wine and garlic for a full flavour.

Crushed Juniper Berries are good in rich terrines, as well as being used whole with Bay Leaves as a final garnish.
