

KING ORCHARDS



Cherry Goodness

A collection of our favorite tips and recipes for using Montmorency Tart cherry products in your every day snacks, dinners and desserts.

Enjoy!
The King Family



100% Montmorency Tart Cherry Juice

It's easy! Mix 1 ounce (2 tablespoons) **King Orchards Tart Cherry Juice Concentrate** with 7 ounces of water for a single serving of cherry juice.

Notes: 1/2 cup concentrate plus 3 1/2 cups of water will make one quart of juice.

King Orchards Tart Cherry Juice Concentrate is also great in combination with other beverages. It adds fresh, true cherry flavor to lemonade, apple juice, orange juice, or soda, and gives an antioxidant boost to smoothies and health food drinks.



Cherry Smoothie

- 1 cup non-fat plain or vanilla yogurt
- 1 ripe banana, peeled and sliced
- 1/2 cup orange juice
- 1/4 cup **King Orchards Tart Cherry Juice Concentrate**
- 1 cup crushed ice



Put yogurt, banana, orange juice, cherry juice concentrate and crushed ice in the container of an electric blender or food processor. Puree until smooth. Serve immediately. Makes 2 (8-ounce) servings.

Notes: This smoothie can be frozen in popsicle containers. Serve as a frozen treat, or allow to thaw and drink as a smoothie.



Cherry Lemonade

- 6 fluid ounces lemon juice, fresh squeezed
- 4 tablespoons confectioners' sugar
- 24 fluid ounces water
- 4 fluid ounces **King Orchards Tart Cherry Juice Concentrate**



Combine the lemon juice and the sugar. Stir to dissolve. Add the water and cherry juice concentrate and stir. Serve over ice.

Notes: We add cherry juice concentrate to store-bought lemonade, too. It's a great cooler on a hot summer day!

Cherry Chicken Salad Sandwich

- 2 cups cubed cooked chicken
- 1/2 cup dried tart cherries
- 3 green onions, sliced
- 1/2 cup mayonnaise
- 1/4 cup plain yogurt
- 1 tablespoon lemon juice
- Freshly ground black pepper, to taste
- Lettuce leaves
- Chopped fresh parsley
- 2 to 4 croissants



Combine chicken, cherries and onions in a large bowl; mix well. In another bowl, combine mayonnaise, yogurt, lemon juice and pepper; pour over chicken mixture. Mix gently. Refrigerate, covered, 1 to 2 hours. Spoon chicken salad on sliced croissants; top with lettuce.



Cherry Vinaigrette

- 1 tablespoon dried tart cherries
- 1 small onion
- 1 clove garlic
- 3 tablespoons fruit-flavored vinegar
- 2 tablespoons orange juice
- 1 tablespoon honey
- 1/3 cup olive oil
- Salt and pepper to taste

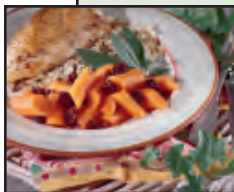
Chop cherries, onion and garlic in food processor; pulse until finely chopped. Add fruit-flavored vinegar, orange juice and honey; puree. With food processor on, slowly add olive oil; mix well. Season with salt and pepper to taste.

OUR FAMILY'S FAVORITE WAYS TO USE DRIED CHERRIES

John: Dress up lunch by adding 1/2 cup dried cherries with a few pecans and celery to your chicken salad wrap.

Jim: Add 1/2 cup to tuna salad.

Frank: Make your own candy by melting chocolate chips and adding dried cherries and almonds or pecans.



Betsy: Spruce up glazed carrots by adding 1/2 cup of dried cherries to glaze right before serving.

Jack: One cup added to Mom's coleslaw.

Julie: Sprinkled in my oatmeal.

Brande: Topping to a tossed salad.

Jimmy: In my mom's oatmeal and chocolate chip cookies.

Mike: Added to chicken stir fry.



Rose: Make a quick trail mix with M&M's, mixed nuts, pretzel sticks, Goldfish crackers and dried cherries.

Megan: By the handful!



Double Cherry Pie

2 cans tart cherries in water, well drained
1 cup dried tart cherries
1 cup granulated sugar
2 tablespoons quick-cooking tapioca or cornstarch
1/2 teaspoon almond extract
Pastry for 2-crust, 9" pie
1/4 teaspoon ground nutmeg
1 tablespoon butter



Combine canned cherries, dried cherries, granulated sugar, tapioca and almond extract in a large mixing bowl; mix well. Let cherry mixture stand 15 min. Line a 9" pie plate with pastry; fill with cherry mixture. Sprinkle with nutmeg. Dot with butter. Cover with top crust. Seal and flute edges. Bake in a pre-heated 375-degree oven about 1 hr, or until crust is golden brown and filling is bubbly. If necessary, cover edge of crust with aluminum foil to prevent over-browning.



Pork Chops with Cherry Sauce

2 boneless pork loin chops, about 1-inch thick
Salt and freshly ground black pepper, to taste (used 1/4 teaspoon salt, 1/8 teaspoon pepper)
2 tablespoons vegetable oil
1/2 cup chopped onion
1 cup reduced sodium chicken broth
1/3 to 1/2 cup dried tart cherries
2 tablespoons orange marmalade
1 tablespoon balsamic vinegar
Dried red pepper flakes, to taste (used 1/8 teaspoon pepper)



Season pork chops with salt and pepper. Heat oil in a large skillet on high heat. Add pork chops; brown well, about 3 minutes per side. Remove to plate. Add onions to skillet; cook until tender, 3 to 5 minutes. Add chicken broth, dried cherries, orange marmalade, vinegar and red pepper flakes. Bring to a boil; boil rapidly on medium heat until broth is reduced by half. Reduce heat. Add pork chops to pan to heat through, 5 to 6 minutes. (Cook pork chops longer on lower heat, if pork chops are very thick or if they have a bone in them.) Internal temperature of the pork should be about 160 degrees. Add chicken broth or water, if needed. Serve pork chops with cherry sauce spooned over them.