

Gooseberries



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Description/Taste

The Green gooseberry is a widely varied fruit depending upon the cultivar. The exterior can range in texture from smooth and translucent to fuzzy and opaque. They can vary in size from that of a large cherry tomato to smaller than a blueberry. The round or slightly oblong berries have a taut, pale green skin and tomato-like flesh dotted with tiny edible seeds. Their tart juicy flesh is not as sweet as the red varieties, but offers flavors of kiwi, starfruit and green grape with a moderately acidic floral finish.

Current Facts

Gooseberry is an umbrella term for almost 2,000 different cultivars within the *Ribes* genus. There are two main types, American (*Ribes hirtellum*) and European (*R. uva-crispa* or *R. grossularia*). The European variety is far superior in flavor, size and texture and the classic berry for most culinary uses. The 'Invicta' gooseberry is one of the most commonly grown green European cultivars. A completely unrelated fruit named the Cape gooseberry (*Physalis peruviana*), is actually a closer relative to the tomatillo and a member of the Solanaceae family.

Nutritional Value

Green gooseberries provide twenty times more vitamin C than an orange. They are also rich in vitamins A, B1, B5 and B6, folate, calcium, magnesium, potassium and copper.

Applications

Fresh Green gooseberry's sweet-tart flavor can be used in both sweet and savory dishes, whether cooked, raw, mashed, pureed, preserved, even pickled. Stud a sweet almond tart with the sour, gem-like green berries to add little bursts of natural acidity. The berries make an excellent jam or syrup for beverages and cocktails. Cook the Green gooseberries down into a chutney spiked with clove, star anise and black pepper to accompany fresh goat cheese spread on toast. Slice the Green gooseberries in half and submerge in a saltwater brine and pickling spices for a relish to pair with sausages, pork, lamb or grilled fish. Complimentary ingredients include pistachios, pine nuts, almonds, bramble berries, stone fruit, aged balsamic vinegar, salad greens such as butter lettuce and arugula, apples, fresh and dried figs, fennel, bacon and basil.

Gooseberry Pancakes

Prep Time: 5 mins
Cook Time: 10 mins
Total Time: 15 mins

Course: Breakfast
Cuisine: American

Servings: 4

Author: Grouprecipes.com

Ingredients:

- 1 egg
- 1 cup buttermilk
- 1 tablespoons oil
- 1 tablespoons honey
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 cup fresh gooseberries

Instructions:

1. Mix together egg, buttermilk, oil and honey.
2. In separate bowl combine dry ingredients with berries.
3. Add together and mix just until it forms a batter.
4. Drop 1/3 cup batter onto a 400-degree griddle and flip as soon as bubbles form.

