



Rapid Raspberry Recipes MP3

Gary Crawford [00:00:00] We are once again out here at the Agriculture Department's farmers market, right off the Mall, here in Washington D.C., in the hallowed halls of good ol' VegU, center of VegU-cation for the nation.

Voiceover [00:00:11] "Oh."

Gary Crawford [00:00:11] Oh yeah, very impressive. Actually, it's not exactly halls, more like a tent, but a tent of learning, right?

Chantel Oyi [00:00:18] Exactly.

Gary Crawford [00:00:18] Exactly. That's one of the professors of VegU, Chantel Oyi. Now last time, she presented this course called "Raspberries 101" in which she talked about the delicate nature of raspberries, how to store them, and provided us students here with information on the nutritional qualities of the raspberry. And in turn, we taught her how to make a raspberry mouth sound. Would you like to do it again for us now?

Chantel Oyi [00:00:39] No!

Gary Crawford [00:00:39] That's what I thought. Okay, well, anyway, today is "Raspberries 201," mostly to do with what to do with raspberries. Now, Chantel, you said last time, these berries will only stay good about two to three days in the fridge, but you can freeze them, right?

Chantel Oyi [00:00:52] Yes, you can freeze them on a baking sheet, laid out, so they get proper ventilation.

Gary Crawford [00:00:58] And it says here that after they're frozen, you toss them in a plastic container and keep them - what, how long?

Chantel Oyi [00:01:02] They'll last six to eight months.

Gary Crawford [00:01:04] They're going to be different when they're thawed out.

Chantel Oyi [00:01:06] Yes. So, they definitely will be a lot softer, but if you're looking to blend, or to add to a juice or add to a pastry, or boil down...

Gary Crawford [00:01:15] Ah, and then those thawed out raspberries would be perfect for the - oh, and smoothies too!

Chantel Oyi [00:01:19] Raspberries are a delicious additive to smoothies or juices because of the natural sugars that they provide.

Gary Crawford [00:01:26] Alright, but now it's time to show folks here a recipe using fresh raspberries. What do you got for us?

Chantel Oyi [00:01:30] So today we're making a raspberry lemon parfait. It consists of nonfat Greek yogurt, lemon juice, lemon zest, honey, flaxseed, and we're going to top it off with raspberries.

Gary Crawford [00:01:42] And the yogurt is just plain?

Chantel Oyi [00:01:44] Yes, plain non-fat Greek yogurt. However, if you want to spice it up, you can do any kind of flavor. You can also add different berries, raspberries and blueberries, or do a different type of raspberry.

Gary Crawford [00:01:54] Or Chuck Berry!

Voiceover [00:01:55] (Johnny B. Goode by Chuck Berry plays)

Gary Crawford [00:01:57] I'm sorry, I got carried away there. So, what do you do with all these ingredients? What's first?

Chantel Oyi [00:02:03] Juice your lemons to get your lemon juice, and then you're going to zest your lemon with a grater, and pour your non-fat Greek yogurt and one-fourth cup of honey, your lemons zest, and lemon juice into your bowl, and mix it up. Then you stir a half a cup of flaxseed and after that, layer it into a container. And you're gonna top it with berries, and then you're gonna do another layer of the yogurt mixture, and then you're gonna top it again with the berries to give you that parfait.

Gary Crawford [00:02:28] Parfait for the course, I guess. But for those who didn't get all of that, what's the procedure again? Do it quickly, out of time.

Chantel Oyi [00:02:35] (Dialogue sped up) First, juice your lemons, and you're gonna zest your lemons. Pour your nonfat Greek yogurt and one-fourth cup of honey, your lemon zest, and lemon juice into your bowl and mix up. Then, we'll stir a half cup of flax seed and mix them up. Layer it into a container, top it with berries, and you're gonna do another layer of the yogurt mixture, then you're gonna top it again with the berries, to give you that parfait.

Gary Crawford [00:02:48] Yeah, right. For more raspberry recipes, go online to What's Cooking USDA, What's Cooking USDA. In Washington, Gary Crawford for the U.S. Department of Agriculture.