



Our favourite
**Winter Comfort
Recipes**

by



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Introduction



Here at Love Fresh Berries, one of our great pleasures is sharing wonderful recipes with berry lovers.

Berries really are the most versatile fruit - perfect for savoury dishes, cocktails or a sweet treat.

In this book are some of our favourite winter season berry recipes. We hope you love them as much as we do. And if you try them, tell us about it.

Share your creations:   



Savoury

We know that berries are not always the first thing to come to mind when preparing savoury dishes.

Try a twist on your regular Sunday roast, or mid-week meal with our selection of winter warmers that are full of nutritional goodness.

Sweet potato soup with blackberry and basil sauce

Serves 4-6 • Prep 15min • Cook 1hr



There's no denying that winter is the season for soup. This recipe is perfect for lunch or a mid-week meal. Why not prep on Sunday for the week ahead and store in the fridge to keep it fresh. This recipe is bursting with flavour and colour.

Method

1. Preheat the oven to 200°C/180°C fan/400°F.

Cut the sweet potato into large chunks. Melt 1 tablespoon of coconut oil and rub the sweet potato in the oil, roast in the oven for 40 minutes until golden and cooked through.

2. Finely chop the onion. Heat the remaining coconut oil and add the chopped onion, a big pinch of salt and garlic. Sauté for 5 minutes, then add the coconut milk, roasted sweet potato and stock. Simmer for 10 minutes while you make the blackberry sauce.

3. Place the blackberries, basil, lemon juice, honey, a pinch of salt and balsamic in a pot, bring to the boil then turn down to a simmer. Crush the blackberries with the back of a spoon and cook until the sauce reduces by half and thickens.

4. Blend the soup and top with the blackberry sauce and freshly chopped parsley.

Ingredients

- 150g of blackberries
- 3 large sweet potatoes
- 2 tbsp of coconut oil
- 1 white onion
- 2 garlic cloves, crushed
- 1 x 400ml can coconut milk
- 500ml fresh vegetable or chicken stock
- 1 tbsp of finely chopped basil
- 1 tsp of lemon juice
- 2 tbsp of honey
- 2 tbsp of balsamic vinegar
- 2 tbsp of freshly chopped parsley
- salt

Blackberry balsamic and rosemary lamb stew with onions and goats cheese thyme scones

Serves 4 • Prep 25min • Cook 1hr 10min



There's nothing like a warming, hearty stew for the whole family. This recipe is so simple to prepare and perfect to serve up with seasonal greens. If you're vegetarian, swap the lamb with sweet potato for a filling, nourishing meal. Make a batch of the stew and freeze for a quick mid-week meal.

Method

1. Preheat oven to 180°C/160°C fan/350°F. In a large heavy pot with a fitted lid, heat one tbsp of the olive oil. Season the meat and brown on all sides using high heat. Remove from the pan and add the onions and garlic. Saute with some seasoning on medium heat for 10 minutes until softened.

2. Stir in the thyme, tomato puree and flour and cook for 1 minute, stirring constantly. Pour in the red wine, balsamic vinegar and stock. Bring to a boil and stir until thickened. Add the carrots, blackberries, lamb and more seasoning. Place the lid on and place in the oven for 1 hour 10 minutes.

3. About 15 minutes before its done, make the scones. Place the flour in a bowl with some salt, a little thyme from the stew and the butter. Rub, using your fingers to blend the butter into the flour. When it has a breadcrumb-like consistency, add the milk and stir. When it's a thick dough, pour onto a floured counter and cut out 6 (7cm) rounds and top with goats cheese. Place on a baking tray. Turn the heat up to 210°C/190°C fan/410°F. Bake for 15 minutes and then remove. Serve the stew with the warm scones.

Vegetarian version - Omit the meat and add 2lbs of chunky peeled butternut squash. Reduce cooking time to 20 minutes instead of 1 hour 10 minutes. Use vegetarian stock in place of the beef stock.

Ingredients

900g lamb neck or leg cut into 5 cm pieces

2 tbsps olive oil

2 onions thinly sliced into half moons

2 cloves garlic chopped

1 tbsp chopped thyme plus extra for scones

3 tbsps plain flour

1 tbsp tomato puree

250ml red wine

250ml beef stock

60ml balsamic vinegar

150g blackberries

400g baby carrots, trimmed

Scones for topping

200g self raising flour

1 tsp baking powder

50g salted butter chilled and cubed

100ml milk

100g rinded goats cheese, crumbled

Rolled pork loin with blackberry, lemon and dried apricot stuffing and blackberry sauce

Serves 4-6 • Prep 15min • Cook 2hr



Try this great alternative for a festive gathering or special Sunday lunch to impress the family. The blackberry sauce will hit the spot! Wrap any leftovers in tin foil and save for a quick, tasty sandwich the next day.

Method

1. Preheat oven to 240°C/220°C fan/460°F. In a small frying pan, heat the olive oil. Saute the onion and thyme with a little salt and pepper. Cook on medium heat for 5 minutes and pour into a medium bowl. Add the breadcrumbs, apricots, blackberries and lemon. Season again and mix well.
2. Spread the meat out on a board and spread the stuffing down the centre of the roast. Roll the sides over so it forms a round joint. Secure with string tied in knots. Place on a baking tray lined with foil.
3. Roast for 30 minutes and then reduce the heat to 160°C/140°C fan/325°F. Cook for 1 hour 30 minutes and then remove. Let the joint rest under foil for 10 minutes.
4. Drain most of the oil out of the baking tray, saving 2 tbsps. Place on the hob on a medium heat. When the oil is hot, whisk the flour in and stir constantly for 1 minute. Pour in the red wine, blackberries, beef stock, worcestershire sauce and the maple syrup. Bring to a boil and keep whisking until the gravy is thick. Remove from heat, season with salt and pepper and pour into a jug.
5. Thickly slice the meat and serve with the blackberry gravy.

Ingredients

2kg pork loin with crackling, boned and butterflied flat

1 tbsp olive oil

1 small onion diced

1 tbsp each fresh thyme and rosemary chopped

30g fresh soft breadcrumbs

8 soft dried apricots halved

12 blackberries

zest of 1 lemon

Blackberry Sauce

2 tbsps plain flour

150g blackberries

150ml red wine

100ml beef stock

1 tbsp worcestershire sauce

2 tbsps maple syrup

Warm chicken grain bowl with strawberry

Serves 2 • Prep 15min • Cook 5mins



Who said that salads aren't for winter? We have the perfect, simple and healthy recipe to suit any lunchtime, or evening meal. Use up any leftover strawberries you have in your fridge to make this salad. This dish is sure to brighten up a rainy day!

Method

1. Bring a small saucepan of water to a boil. Add the chicken breasts, place a lid on and then turn off the heat. Leave to sit for 15 minutes.
2. In a glass jar with fitted lid, add all of the dressing ingredients along with some salt and pepper. Shake well and set aside.
3. Microwave the grains and pour into 2 large bowls. Arrange the strawberries, corn, kale, feta and pumpkin seeds over the grains.
4. Drain the chicken breast and slice. Top each salad with the chicken and pour over the dressing.

Ingredients

- 2 chicken breasts
- 2 tsp olive oil
- 200g precooked barley quinoa grain mix
- 100g cavolo nero or kale finely chopped
- 100g strawberries sliced
- 75g tinned corn
- 2 tbsps toasted pumpkin seeds
- 50g crumbled feta cheese

Dressing

- 4 tbsps light olive oil
- 1 tbsp caster sugar
- 2 tbsps lemon juice
- 1 tbsp white wine vinegar
- 1 tsp poppy seeds

Turkey and raspberry salad

Serves 6 • Prep 20min • Cook 20-25mins



Leftover turkey? No problem!

Put it to good use and make this deliciously healthy salad. It's the ideal way to bounce back after a little over-indulgence at Christmas.

Method

1. Preheat the oven to 200°C/180°C fan/400°F. Bring a medium saucepan of water to the boil, add the brown and wild rice, bring the water back to the boil then simmer for 20-25 minutes until just tender. Drain into a sieve, rinse with cold water and drain again.
2. Meanwhile, add the onions to a small roasting tin, drizzle with the oil and roast for 25-30 minutes until softened and golden around the edges.
3. To make the dressing, add the redcurrant jelly, vinegar, mustard and lemon rind and juice to a small saucepan. Season with salt and pepper then whisk over a low heat until the dressing is smooth and the jelly has melted. Leave to cool.
4. Add the rice, onions, red cabbage and turkey to a large salad plate or bowl. Drizzle over the dressing and lightly toss together.
5. Shave the asparagus into thin strips by laying the stems on a chopping board and running a swivel bladed vegetable peeler along the length.
6. Sprinkle the raspberries and rocket over the salad, then serve.

Ingredients

- 200g easy cook brown rice
- 50g wild rice
- 6 small red onions, cut into wedges
- 1 tbsp olive oil
- 100g red cabbage, thinly shredded
- 200g cold roast turkey, diced
- 150g asparagus, trimmed
- 175g raspberries
- Large handful of rocket leaves

Dressing

- 2 tbsp redcurrant jelly
- 2 tbsp sherry vinegar
- 1 tsp Dijon mustard
- Grated zest and juice of 1 lemon
- Salt and freshly ground black pepper

Chicken pho with sweet and sour berry sambal

Serves 4 • Prep 30min • Cook 35mins



Soothing and bursting with nutrition, this Pho is simply delicious. It's packed with oriental flavours, shreds of chicken and fresh crunchy vegetables, then topped with a taste exploding spoonful of berries!

Method

1. Add the stock to a large saucepan then add the white spring onion slices, carrot, chilli, ginger, garlic, lime leaves, fish sauce and kecap manis or soy sauce. Bring to the boil, stirring then add the whole chicken breasts, cover and simmer gently for 30 minutes or until the chicken is cooked through. Test by piercing the centre of one of the chicken breasts, there should be no hint of pink juices.
2. While the chicken pho simmers, add all the sambal ingredients to a saucepan, heat gently until the sugar has dissolved then boil rapidly for 10 minutes until the fruit is soft and pulpy. Break up the fruit if needed with a vegetable masher then spoon into a dish and leave to cool.
3. When the chicken is cooked, lift the pieces out of the pan with a draining spoon then tear into fine shreds on a chopping board using a knife and fork. Add the choy sum leaves and stems to the broth and cook for 2 minutes then add the bean sprouts and coriander and cook for 1 minute.
4. Divide the noodles between 4 deep serving bowls, top with the chicken shreds then ladle over the broth. Top with spoonfuls of the sambal to taste. Any leftover sambal can be kept in a screw topped jar in the fridge up to 2 weeks.

Ingredients

- 1.2 litre good chicken stock (ideally homemade, see tip below)
 - 1 bunch spring onions, thinly sliced, white and green tops kept separate
 - 1 carrot, thinly sliced
 - 1-2 Thai Bird's eye red chillies, halved, deseeded, to taste
 - 5cm piece root ginger, peeled, thinly sliced
 - 3 garlic cloves, thinly sliced
 - 2 small fresh or dried kaffir lime leaves
 - 2 tsp Thai fish sauce (nam pla)
 - 1 tbsp kecap manis or soy sauce
 - 500g boneless, skinless chicken breasts
 - 200g pack choy sum, leaves shredded, stems cut into bite sized pieces
 - 300g pack chilled cooked rice noodles
 - 100g bean sprouts, rinsed, drained
 - Handful coriander leaves, roughly torn
- ### Sweet and Sour Berry Sambal
- 225g strawberries, sliced
 - 175g raspberries
 - 100g caster sugar
 - 2 tbsp rice vinegar
 - 2-3 Thai Bird's eye red chillies, roughly chopped with seeds
 - 2cm piece root ginger, peeled, finely chopped

Cook's tip

Don't throw the chicken carcass away after you have had a roast chicken, take all the meat off the bones then add the bones to a saucepan. Add 1 roughly chopped onion, 2 sliced carrots and whatever extra odd veggies you have in the fridge, a slightly soft tomato, half a pepper, half a leek or a little swede or parsnip. Cover the chicken with cold water, add salt and pepper and bring to the boil. Cover and simmer for 1-1/2 hours then strain. Cool and freeze the stock in handy sized portions for up to 3 months. Defrost before use.

Roast poussin with blackberry Cumberland sauce

Serves 2 • Prep 25min • Cook 45mins



What better pairing than two roast baby chickens with delicious blackberry sauce, flavoured with orange rind, winter spices and a hint of redcurrant jelly!

Method

1. Preheat the oven to 190°C/170°C fan/375°F. Place the poussin in a roasting tin. Dot the breast of each with the butter then season with salt and pepper and put 2 bay leaves and 2 rashers of bacon on the top of each. Loosely cover the poussin with foil folding down over the sides. Add the shallots, potatoes and remaining bay leaves to the roasting tin, drizzle with the olive oil and sprinkle with a little salt and pepper.

2. Roast for 45 minutes, removing the foil and bacon from the poussin for the last 20 minutes and turning the potatoes and shallots and basting with the pan juices until golden. To test the poussin are ready, insert a small sharp knife or skewer through the thickest part of the leg into the breast, the juices will run clear when ready.

3. Transfer the poussin and vegetables to a serving plate, cover with foil and keep hot in the turned off oven, allowing the poussin to rest while you make the sauce.

4. To make the sauce, pare the rind from the half the orange with a vegetable peeler then cut into very thin shreds. Squeeze the juice, add both to a small saucepan with the red wine, water and redcurrant jelly. Add the spices, sugar, mustard and a little salt and pepper. Bring to the boil then cook over a medium heat, stirring until syrupy. Add the blackberries and simmer gently for 3 minutes until the berries are just cooked.

5. Serve the sauce with the roasted poussin, potatoes and shallots and a side dish of watercress or rocket salad.



Ingredients

2 x 500g baby poussin
40g butter
Salt and freshly ground black pepper
6 fresh bay leaves
4 rashers streaky bacon
175g shallots, peeled, halved if large
450g baby new potatoes, washed
2-3 tbsp olive oil

Sauce

½ orange
6 tbsp red wine
2 tbsp water
1 tbsp redcurrant jelly
Large pinch ground ginger
Large pinch ground cinnamon
1 tsp caster sugar
1 tsp Dijon mustard
100g (4oz) blackberries
Watercress or rocket salad to serve

Cook's tip

Pare the rind from the half the orange with a vegetable peeler before you cut it, that way it is easier to do then squeeze it afterwards. Rather than cooking two poussin, you could also give a small everyday chicken the five star treatment. Roast with butter, bay leaves and bacon for the timings given on the wrapper, then add the potatoes, shallots, bay and olive oil for the last 45 minutes of cooking, removing the foil 20 minutes or so before it is ready so that the skin can brown. Serve with the warm blackberry Cumberland sauce and salad as above.

Roasted pumpkin, blueberries and spiced lentils

Serves 4 • Prep 15min • Cook 45min



Pumpkin chunks, sweet blueberries and crunchy nuts make an unusual yet delicious midweek dinner. Any leftovers are great with a bit of rocket in a lunchbox! This is also a great option for vegans.

Method

1. Preheat the oven to 200°C/180°C fan/400°F.
2. Cut the pumpkin up into big chunks. Rub in the avocado oil, cumin, smoked paprika and a pinch of salt and pepper. Roast in the oven for 40 minutes until golden and cooked through.
3. While this is cooking place the maple syrup and pecans in a pan, toast the pecans in the maple syrup for 3 minutes stirring well until they are golden then leave to the side to cool.
4. Remove the seeds of the pomegranate. Drain the lentils from the can. When the pumpkin is cooked through, throw in the blueberries, lentils, a pinch of salt and the olive oil to the roasting tray and stir well.
5. Place the tray back in the oven for 5 minutes to roast a little longer then remove and serve with the pomegranates and pecans sprinkled over the top.

Ingredients

- 100g of blueberries
- 1 whole pumpkin or 1.3kg butternut squash (peeled and deseeded)
- 2 tbsp of avocado oil
- 1 can of cooked green lentils
- 1 pomegranate
- 100g of pecans
- 1 tsp of smoked paprika
- ½ tsp of cumin
- 2 tbsp of maple syrup
- 2 tbsp of olive oil
- salt
- pepper

Roasted miso aubergines with honeyed blackberries

Serves 4 • Prep 10min • Cook 30mins



Another vegetarian favourite, the sweetness of the blackberries combined with the saltiness of the soy sauce make a mouth-watering meal!

Method

1. Preheat the oven to 200°C/180°C fan/400°F.

Slash the cut side of the aubergines in a criss cross pattern and sprinkle with salt. Set aside in a colander in the sink for 10 minutes then rinse and pat dry with kitchen paper. Brush with the olive oil and place cut side down in a roasting tin. Cook for 20 minutes or until very soft.

2. Mix together the soy sauce and honey and combine with the blackberries. Turn the aubergines cut side up and brush with the miso, then spoon over the blackberry mix and continue roasting for 10 more minutes.

3. To prepare the salad; place the quinoa in a pan with a pinch of salt, cover with 3 times the volume of water and boil for 20 minutes, then drain and cool with running cold water. Stir in the remaining ingredients with fresh pepper.

4. Serve the aubergines with the salad alongside and any extra blackberry sauce from the roasting tin.

Ingredients

2 aubergines, halved length ways

1 tbsp olive oil

4 tsp miso

150g blackberries

2 tbsp soy sauce

1 tbsp honey

200g quinoa

400g canned green lentils, drained

150g cherry tomatoes, halved

2 spring onion, sliced

2 tbsp parsley, chopped

salt

pepper



There's something quintessentially British about strawberries. Strawberries are available all year round, and are the perfect snack to enjoy every day as part of a healthy diet. Did you know they are one of the most nutritionally dense fruit?

Strawberries are high in fibre, low in calories and sugar, and contain no fat. They also support your immune system, as the whole strawberry is rich in plant antioxidants, but the red fleshy part is also extremely high in Vitamin C.

Strawberries provide a daily Vitamin C boost, and in fact, contain more Vitamin C than oranges. Just 7 strawberries (80g - a portion) provide the recommended daily amount of Vitamin C which contributes to the normal function of the immune system along with the reduction of tiredness and fatigue.

Strawberries also provide vitamin K, manganese, folic acid, potassium, riboflavin, vitamin B5, B6, copper, magnesium, fibre and phytonutrients.



Sweet

For everyone with a sweet tooth, we have something to suit your taste, whether hot or cold. Winter is the perfect time for a little indulgence, but be warned, these delicious desserts won't last long!

Blueberry and pistachio mug cake

Serves 1 • Prep 5min • Cook 1.5min



If you're feeling a little lazy but want to whip up something for afters, this mug cake is the perfect option. It's bursting with fresh blueberries and ideal for those who don't like overly sweet desserts.

Method

1. Combine the flour, oats, nuts, sugar and baking powder.
2. Mix in the oil, peanut butter and milk to a smooth batter.
3. Stir in the blueberries and spoon into a ramekin or small mug. Microwave on high for 1.5 minutes - it will rise and sink down again but should be dry on the top.
3. Cool slightly before eating.

Ingredients

- 1 tsp flour
- 1 tbsp oats
- 1 tbsp finely chopped pistachio nuts
- 2 tsp brown sugar
- pinch baking powder
- 1 tsp vegetable oil
- 1 tsp peanut butter
- 1 tbsp milk or plant-based alternative
- 6 blueberries

Cook's tip

Exchange the vegetable oil with olive, rapeseed, sunflower or melted coconut oil. You can use any type of nut butter, margarine or butter if preferred.

Baked raspberry and chocolate puddings

Serves 4 • Prep 20min • Cook 10min



For all the chocolate lovers out there, this one's for you. Raspberries and chocolate is a classic combination and they work perfectly in this tasty dessert. Make the mixture ahead of time and serve warm.

Method

1. First make the puddings. Brush the inside of 4, 7.5cm diameter, 2.5cm deep individual Yorkshire pudding tins or foil dishes with a little butter then line the base of each tin with a circle of non-stick baking paper. Add the chocolate and butter to a small saucepan and heat very gently, stirring until both have melted then take off the heat.
2. Add the eggs and sugar to a bowl and whisk together for a minute or two until frothy. Gradually whisk in the melted chocolate and butter mix then the flour and cocoa until smooth.
3. Divide between the buttered dishes then scatter the raspberries over the top. Chill for 1-2 hours, or longer if it suits you better until ready to cook. Add all the sauce ingredients to a small saucepan and heat very gently, stirring until smooth then take off the heat. Cool then cover and transfer to the fridge.
4. When ready to serve, preheat the oven to 180°C/160°C fan/350°F. Put the puddings on to a baking sheet then cook for 10 minutes or until just set in the centre. Take out of the oven, leave to cool for a minute or two then loosen and remove from the tins. Peel away the lining paper and transfer to serving dishes.
5. Decorate with extra raspberries, warm the sauce through then drizzle over the puddings and serve with scoops of vanilla ice cream.

Ingredients

Puddings

Little butter for greasing

65g dark chocolate, broken into pieces

40g butter, diced

2 medium eggs

50g caster sugar

40g plain flour

2 teaspoons cocoa

100g raspberries, plus a few extra to decorate

Sauce

100g dark chocolate, broken into pieces

25g caster sugar

125ml milk

Large pinch ground cinnamon

Few drops vanilla essence

Vanilla ice cream to serve

Cook's tip

Try these puds with blackberries too or a mix of raspberries and blackberries.

Chocolate fondue

Serves 2 • Prep 5min • Cook 5min



There's no getting away from it, this is one messy dessert! Fondue is the perfect treat to get the whole family together for a bit of fun in the kitchen. Use up slightly soft strawberries with this quick fix.

Method

1. Add the orange rind, cinnamon, sugar and water to a small saucepan and heat gently until the sugar has dissolved. Simmer for 3-4 minutes until syrupy and leave to cool for 10 minutes or longer for the flavours to develop.
2. Discard the orange rind and reheat the syrup. Take off the heat, add the chocolate and leave until melted. Stir until smooth and mix in 2 tablespoons of cream until glossy. Reheat gently if needed.
3. Arrange the fruit on a plate with fondue skewers or small forks and pour the fondue sauce into a cup or fondue pot set over a burner. You can even use the saucepan you have been cooking with.
4. Decorate with an extra drizzle of cream and swirl with a skewer. Start dipping!

Ingredients

2 strips of orange rind pared from a whole orange with a vegetable peeler

Large pinch ground cinnamon

3 tbsp caster sugar

120ml or 8 tbsp water

150g dark chocolate, broken into pieces

2 tbsp double cream, plus 1 tbsp to decorate

350g mixed strawberries, raspberries and blueberries

Cook's tip

For a minted chocolate fondue, substitute the orange and cinnamon for 2 stems of fresh mint..

Mixed berry bake with coconut macadamia crumble

Serves 4-6 • Prep 10min • Cook 25min



The only crumble recipe you'll ever need! Crumble is the ultimate comforting treat for the whole family. It's so easy to make, why not get the kids involved and get them baking with you this winter.

Method

1. Preheat oven to 200°C/180°C fan/400°F. In a medium bowl, mix together the fruit with the sugar, cornflour and vanilla paste. Pour into a baking dish, about 25cm round or 20cm x 30cm.
2. In a medium bowl mix the flour, coconut, butter, sugar and a little salt together. Use your fingertips to rub the butter into the dry ingredients until it's a rough gravel.
3. Add the nuts and pour over the fruit. Bake for 25 minutes or until golden and bubbling.

Ingredients

700g mixed fresh blueberries, strawberries and raspberries

100g caster sugar

2 tbsps cornflour

1 tsp vanilla paste

Topping

100g salted butter cubed

150g plain flour

50g desiccated coconut or large flakes

50g macadamia nuts roughly chopped

Blueberry bread & butter pudding

**Serves 4 · Prep 20min ·
Stand 20min · Cook 35min**



A twist on a classic, layers of bread are mixed with juicy, fresh blueberries to make this no-fuss dessert one to remember. Rather than traditional triangles, try lemon curd sandwiches cut into cubes! This recipe is also freezable, perfect for getting ahead.

Method

1. Preheat the oven to 180°C/160°C fan/350°F. Spread half the bread slices with lemon curd then cover with the remaining slices. Trim off the crusts then cut each sandwich into 8 cubes. Add to a buttered shallow ovenproof dish that is about 1.2 litre (2 pints) and scatter with the blueberries.
2. Whisk the eggs, milk and cream with the sugar then pour over the bread and leave to soak for 20 minutes.
3. Drizzle with the melted butter and sprinkle with a little extra sugar and bake for 30-35 minutes until the bread is golden and the custard just set.
4. Scoop into bowls and serve warm with a drizzle of cream.

Ingredients

- 8 slices white bread
- 4 tbsp lemon curd
- 150g blueberries
- 3 eggs
- 150ml milk
- 150ml double cream
- 50g caster sugar, plus a little extra for sprinkling
- 25g butter, melted

Blackberry and blueberry Christmas cake

Serves 8 • Prep 25min • Cook 40-50min



If you are not a fan of heavy dried fruit cakes, then try this light sponge cake speckled with blackberries and blueberries, drizzled with glaze icing. It's sure to kick off the festive mood!

Method

1. Preheat the oven to 180°C/160°C fan/350°F. Brush inside a 23cm (9 inch) diameter or 1.5 litre fluted ring mould with a little oil. Add the blackberries and blueberries to a small bowl with 2 tablespoons of the flour and gently stir together until the berries are coated. Add baking powder to the remaining flour.
2. Cream butter and sugar together in a large bowl with a wooden spoon or electric mixer until light and fluffy. Gradually mix in alternate spoonfuls of beaten egg and remaining flour, beating well after each addition and continuing until both have all been added.
3. Stir in the ground almonds and almond essence if using, then fold in the flour-coated berries.
4. Spoon the mixture into the cake tin and level the top. Bake for 40-50 minutes or until well risen, the top is golden and a skewer comes out cleanly when inserted into the cake.
5. Leave to cool for 30 minutes then loosen the edges of the mould, turn out on to a wire rack and remove the mould. Leave to cool completely.
6. Sift the icing sugar into a bowl, gradually mix in just enough water to make a smooth icing that will slowly fall from a spoon. Transfer the cake to a serving plate, drizzle the icing over in zig zag lines, decorate with a few extra berries and sprinkle with the flaked almonds.
7. Leave to stand for 15 minutes or so for the icing to set, then cut into thick slices and serve.

Ingredients

175g mixed blackberries and blueberries. If the blackberries are very large, cut them in half

175g self-raising flour

½ tsp baking powder

175g butter at room temperature

175g caster sugar

3 medium eggs, beaten

75g ground almonds

Few drops almond essence, optional

To decorate

175g icing sugar

4-5 tsp cold water

3 tbsp toasted flaked almonds

Few extra blackberries & blueberries

Cook's tip

As the cake has lots of fresh fruit in the mixture it is best eaten within 2 days.

Blackberry and coconut steamed puddings

Serves 4 • Prep 20min • Cook 30-35min



Forget about steamed puddings that take hours, get the same comfort food factor from these individual ones that take just 30 minutes. Just look how pretty they look!

Method

1. Lightly butter 4 x 250 ml metal pudding moulds and line the bases with a circle of non-stick baking paper.
2. Add half the blackberries to a small saucepan, then add the sugar, cornflour and water and mix together. Cook, stirring for 3-4 minutes, until the blackberries are soft and the sauce is thick. Add the remaining blackberries and leave to cool.
3. To make the sponge, put all the ingredients into a bowl and beat together until smooth.
4. Spoon the blackberry mixture into the bottom of the pudding moulds then spoon the sponge on top and level the surface.
5. Loosely cover the top of each mould with a square of buttered foil then cook in the top of a covered steamer for 30-35 minutes until the sponge is well risen and can be lightly pressed with a fingertip and the mixture will spring back.
6. Loosen the edges of each pudding with a round bladed knife, turn out on to plates, remove the lining paper and serve immediately with custard or cream.

Ingredients

200g blackberries

50g caster sugar

1 tbsp cornflour

2 tbsps water

Sponge

100g butter at room temperature

100g caster sugar

100g self-raising flour

50g desiccated coconut

2 eggs

Some people may not know that we have a British blueberry season, but it usually runs from June until October. Our British climate is actually perfect for growing modern varieties of blueberries, which love mild winters and warm summers. Blueberries are available in the UK all year round.

In recent years, the popularity of the healthy and delicious blueberry has grown rapidly.

Blueberries are the perfect snack and are ideal in breakfast, picnic or baking recipes for all the family to enjoy.

Did you know eating blueberries is one of the easiest ways to add nutrients to your diet and give your immune system a boost? Blueberries are packed full of fibre and antioxidants, including Vitamin C.

There is also a growing body of evidence around how blueberries can contribute to cognitive function, anti-ageing and also help to offset cardiovascular diseases and help preserve heart health.

An 80g serving of blueberries counts as one portion of your 5 a day (an 80g serving is 2 handfuls or 4 heaped tablespoons of blueberries).





Breakfast

They say breakfast is the most important meal of the day! Get your energy fix with our selection of easy to make, delicious breakfast ideas, perfect for the whole family.

Blackberry compote with quinoa porridge

Serves 1 • Prep 10min • Cook 25min



This quinoa porridge is a comforting, high-fibre breakfast to keep you going all day!

Method

1. Wash the quinoa in a sieve.
2. Place it in a pot with the almond milk, cinnamon and vanilla extract, bring to a boil then let it cook for 15 minutes.
3. Zest and juice the lemon.
4. While this is cooking place the blackberries, honey, a quarter of the lemon zest and half the juice in a small pot. Bring to the boil then simmer for 10 minutes breaking down the blackberries with the back of the spoon so you form a compote.
5. Just before everything is ready julienne or cut your apple into thin slithers.
6. Add the apples to the porridge with a couple of spoonfuls of compote, apple, yogurt and goji berries.

Ingredients

- 100g blackberries
- 300ml almond milk
- 80g quinoa
- 1 apple
- 1 lemon
- ½ tsp cinnamon
- ½ tsp vanilla extract
- 2 tbsp honey
- 2 tbsp natural or coconut yogurt
- 1 tbsp of goji berries

Blueberry Bircher muesli

Serves 6 • Prep 10min •



Add some nourishment to your morning with a bowl of our muesli. Make a big batch for the week for the whole family by mixing ingredients together the night before, then leave in the fridge to soak.

Method

1. Mix the yogurt, oats and wheat germ in a bowl then stir in the coconut, toasted hazelnuts and apple juice. Transfer to a plastic container, clip on the lid and chill overnight in the fridge.
2. When ready to serve, stir in grated apple and a few blueberries then spoon into dishes, top with extra blueberries, a drizzle of honey, a sprinkle of ground cinnamon and a few extra nuts, if liked.
3. The remaining soaked muesli will keep in the fridge for 2-3 days, just add a little apple juice if needed, as the oats will continue to swell.

Ingredients

500g tub Greek yogurt

200g rolled oats

40g wheat germ

40g desiccated coconut

50g hazelnuts, toasted and roughly chopped

200ml pressed (cloudy) apple juice

To serve, per portion

½ apple, cored but not peeled, coarsely grated

50g blueberries

1 tsp runny honey

Little ground cinnamon

Few extra chopped hazelnuts (optional)

Blueberry feta hotcakes with bacon and honey

Serves 4 · Prep 5min · Cook 10min



Make a weekend brunch to remember with this tasty pancake recipe. Get the whole family involved and test your flipping skills!

Method

1. Firstly mix the dry ingredients together, then the eggs and milk. Pour the milk and egg mix slowly into the dry mix and whisk to combine. Then add the blueberries and feta cheese.
2. Heat a large frying pan up until medium-high, add a splash of oil and add a couple of large spoonfuls of batter in the pan for each pancake. Either make one large hotcake per person, or a few smaller ones each.
3. Cook for about 4 minutes on each side until golden brown. Then place on a plate and top with two slices of bacon, a few more blueberries and a drizzle of honey.

Ingredients

400g self raising flour

1 tsp baking powder

pinch of sea salt

4 eggs, beaten

400ml of milk


150g Feta cheese crumbled

150g blueberries

250g smoked streaky bacon

2 tablespoons of honey (or maple syrup)

150g blueberries to decorate



The end of the British summer is often synonymous with blackberries, but did you know they're available and delicious all year round in supermarkets?

Blackberries contain a wide range of nutrients, including vitamins C and E, beta-carotene, potassium and magnesium as well as fibre and other plant nutrients that have numerous health benefits. These include flavonoids, which have powerful anti-inflammatory and immune system benefits. They also give blackberries their deep purple colour.

Blackberries are delicious eaten on their own or are often made into crumbles and jams or used in cocktails, but they also work perfectly in rich savoury dishes and gravy. Fresh blackberries also freeze well so why not freeze some to use throughout the winter – perfect for hearty, warming desserts.



Drinks

Treat yourself and experiment with berries in drinks this winter. Berries are ideal for flavour, nutritional benefits and as a beautiful garnish.

Mixed berries mulled wine

Serves 8-10



Warm up by the fire with our take on a traditional mulled wine recipe.

Method

1. Pare the zest off the orange in thin strips and squeeze the juice. Place the orange zest and juice in a large saucepan with the sugar, spices and vanilla pod. Add just enough red wine to cover the ingredients. Heat gently, stirring, until the sugar has dissolved. Bring to the boil and boil rapidly until the wine has reduced and become syrupy.
2. Add the rest of the wine, brandy and the mixed berries. Gently simmer for two minutes, do not boil. Serve in heatproof glasses.

Ingredients

1 large orange

125g caster sugar

6 cloves

2 cinnamon sticks

¼ tsp freshly grated nutmeg

1 vanilla pod, halved lengthways

2 bottles red wine

50ml brandy

200g mixed berries

Champagne Velvet

Serves 6



Serve up this delicious drink for a special occasion or celebration. It makes a great alternative to Bucks Fizz too.

Method

1. Save six of the blackberries and put to one side for decoration. Place the remaining blackberries with 50g caster sugar in a saucepan. Heat gently until the sugar has dissolved then simmer for 5 minutes, stirring occasionally until the sauce has thickened slightly and is syrupy.
2. Sieve the blackberry syrup over a bowl, gently pressing with the back of a spoon. Discard the fruit pulp. Chill the syrup.
3. Place a little of the syrup on a saucer and the remaining caster sugar on another saucer. Dip the rim of each of six champagne glasses first in the blackberry syrup, then in the caster sugar. Blend the brandy with the remaining blackberry syrup and pour a couple of tablespoons of this into the champagne flutes. Top with the chilled champagne or sparkling wine. Skewer a blackberry with a cocktail stick and place on top of each glass. Serve immediately.

Ingredients

175g blackberries

50g caster sugar, plus 1 tbsp

6 tbsp brandy

1 bottle chilled champagne or sparkling wine

Raspberries are the nation's second favourite berry, and we produce thousands of tonnes of British raspberries every summer in the UK with popularity growing every year.

The British raspberry season can last from May all the way through to November, but raspberries are available all year round in supermarkets. The leading raspberry varieties grown in the UK have the ability to flower and fruit over a long period of up to five months, whilst traditional types typically produced fruit for just a four to six-week period.

Raspberries are known for being vividly pink, delicate, sweet and delicious, and make a great addition to lunchboxes, breakfast, baking recipes or are perfect eaten straight from the punnet.

They don't only taste delicious, but raspberries are a powerful source of nutrients including vitamin C, manganese, dietary fibre and polyphenols, which are thought to have potent antioxidant properties.

Just one cup of raspberries contains 12% of your RDA of Vitamin K which supports healthy bones.

There is also a growing body of evidence that raspberries could have a valuable role to play in helping to maintain health, including being part of a heart healthy diet.





Gifting

At Love Fresh Berries, we think the perfect gift this year is to give back to our friends and family, work colleagues, schoolteachers and local community. So much so, we've created a selection of delicious berry recipes that are ideal for gifting and are the perfect way to bring joy.

We understand that people are looking for homemade, economical gifts this Christmas and therefore want to inspire you to make your own gifts.

And it's not just about making the treats, they'll look perfect wrapped in a pretty box or jar with red or green ribbon tied around and will make even the scrooges amongst us feel a little bit Christmassy.

We recommend simply leave the gifts on the doorstep of someone you think deserves a pick me up and make them feel appreciated this Christmas.

Goats cheese and raspberry truffles

Makes 16 • Prep 15min • Chill 1hr



Truffles are not only about chocolate, these creamy-tasting truffles speckled with a fresh fruity raspberry burst are great served straight from the fridge. Rich in calcium to aid bone strength and density they are also a good source of protein and low in sugar.

Method

1. Add the goats cheese, honey, vanilla and salt to a bowl and fork together until just mixed. Add the raspberries break up with the fork and lightly mix into the goats cheese mix.
2. Scoop heaped teaspoons of the mixture on to a small baking sheet to make about 16 rough shaped mounds.
3. Spoon the chopped pistachio nuts on to a saucer and the cocoa on to a second saucer. Roll half the truffles in to the pistachio nuts, one at a time until evenly coated then add to petites four cases.
4. Roll the remaining truffles in the cacao, add to petites four cases then chill for at least 1 hour until firm. Pack into an airtight box, store in the fridge and eat within 2 days.



Ingredients

150g rindless French soft goats' cheese

1 tsp runny honey

½ tsp vanilla extract

pinch salt

75g raspberries

25g pistachio nuts, finely chopped

1 tbsp raw cacao powder

Tip

Serve these with coffee or as a healthy snack.

Blackberry or strawberry Macarons

**Makes 20 · Prep 40min · Stand 20min
Cook 20-22min**



These pretty patisseries are very fashionable at the moment but can be very expensive to buy, so why not make your own and give as a gift in a recycled box lined with non-stick baking paper and a lacy paper doily tied with ribbon.

Method

1. Preheat the oven to 140°C/130°C fan/280°F. Line 3 baking sheets with non-stick baking paper.
2. Grind the icing sugar and ground almonds to a fine powder in a food processor or blender then press through a sieve.
3. Whisk the egg whites in a large bowl until they form moist peaks then gradually whisk the caster sugar in a little at a time. Whisk for 2 minutes until the mixture is thick and glossy, then whisk in a few drops of violet or pink food colouring.
4. Spoon half the icing sugar and ground almonds into the bowl then gently fold together. Add the remaining mixture and continue folding in until just mixed. Don't over fold or the mixture will go very runny and be difficult to pipe.
5. Spoon into a piping bag fitted with a large plain tube and pipe 2.5cm rounds on the paper lined trays. Give each baking sheet a sharp tap to ensure a good 'foot'. You should make about 40. Leave to stand for 20 minutes for the macarons to dry out.
6. Bake for 15-20 minutes or until the macarons may be lifted easily off the paper. Leave to cool.
7. For the filling, puree the berries until smooth then press through a sieve. Beat the butter and icing sugar together in a food processor until smooth then gradually beat in 2 tbsp of the fruit puree. Use to sandwich the macarons together in pairs. Arrange on a serving plate or in a pretty box.

Ingredients

Macarons

175g icing sugar

125g ground almonds

3 large egg whites

75g caster sugar

Little violet or pink food colouring

Filling

75g blackberries or strawberries

100g butter at room temperature

150g icing sugar

Tip

Once sandwiched together the macarons are best eaten within 24 hours. Plain macarons can be kept for 2-3 days in a cool dry place covered with extra non-stick baking paper and the filling in a covered container in the fridge.

You might also like to flavour the macarons with ½ tsp of raspberry, lemon or peppermint extract when adding the colouring to the meringue.

Spiced blueberry panettones

Makes 8 · Rising 2hrs · Cook 35min



Part cake, part bread, these buttery festive Italian treats are flavoured with cinnamon, citrus rinds, ginger and vanilla. Rather than making in one large traditional tall tin, these individual ones make great Christmas gifts wrapped in cellophane.

Method

1. Melt 200g of the butter gently in a saucepan then take off the heat and leave until it feels warm to a fingertip.
2. Add the bread flour, salt, sugar, cinnamon and fruit rinds to the bowl of an electric mixer fitted with a dough hook, or a large bowl. Add the yeast and mix together.
3. Warm the milk in a second saucepan until it feels just warm to a fingertip. Beat the eggs and vanilla together in a bowl then gradually beat in the warm milk. Gradually mix into the dry flour mix and beat for 4-5 minutes. If you don't have an electric mixer, use a wooden spoon.
4. Gradually trickle in the warm melted butter, beating well after each addition until the mixture is a smooth, glossy and elastic batter. Cover the bowl with a clean tea cloth or cling film and leave in a warm place for 1 hour or until doubled in size.
5. Meanwhile brush the inside of the washed and recycled cans with a little oil then line the bases with a circle of non-stick baking paper and the sides with a strip of paper that stands a little above the tins.

6. Knock the yeast batter back by beating for 1-2 minutes then stir in the candied fruit and ginger. Add the blueberries and gently stir together so that you don't break them up. Divide between the lined tins. Cover the tops with a clean tea cloth then leave in a warm place for 1 hour or until the batter almost reaches the tops of the tin.
7. Meanwhile preheat the oven to 190°C/170°C fan/375°F. Remove the cloth from the top of the breads. Bake for 30-35 minutes until a deep brown and the bread sounds hollow when the tops are tapped. Take out of the oven, brush the tops with the remaining butter then cool for a few minutes.
8. Loosen the edges of the panettone, turn out and leave to cool on their sides on a wire rack.
9. When cold, wrap in clean paper and return to the washed and decorated tins then wrap in cellophane, tie with ribbon and add labels. These can be kept up to 4 days.

Ingredients

- 200g unsalted butter, diced
- plus 15g
- 500g white bread flour
- 1 tsp salt
- 100g caster sugar
- 1 tsp ground cinnamon
- 1 orange, finely grated rind
- 1 lemon, finely grated rind
- 4 tsp easy blend dried yeast
- 200ml semi skimmed milk
- 3 medium eggs
- 1 tsp vanilla extract
- 150g ready diced mixed candied peel
- 2 tbsp ready chopped glace ginger
- 150g blueberries

Tip

As these breads contain a generous amount of butter and sugar, you will find that they take longer to rise than plainer breads. Make sure that the liquid is warm to your little finger – too hot and you will kill the yeast, too cool and it will take ages to activate the yeast and start the rising process.

Chillied strawberry jam

Makes 5-6 • Prep 15min • Cook 10min



Stuck for ideas for a friend's Christmas gift or adult Christmas stocking fillers? Try making this strawberry jam but with a twist. Adding a little fiery dried crushed red chilli and tangy lime rind and juice turns classic strawberry jam into a great foodie gift.

Method

1. Divide the strawberries in two, adding the larger ones to one pile and the smaller ones to the other. Add the larger strawberries to a preserving pan or large saucepan and roughly mash with a potato masher.
2. Add the remaining smaller strawberries, dried crushed chillies and sugar and heat gently, stirring from time to time, for about 5 minutes until the sugar has dissolved and the strawberries are beginning to soften.
3. Stir in the lime rind and juice, then bring the mixture to the boil and boil rapidly for 4 minutes until setting point is reached, skimming off any scum while it is boiling with a draining spoon. To check for setting point, spoon a little of the jam on to a cold saucer, wait for a minute or two then run your finger through the jam, it should wrinkle and leave a space where your finger has been.
4. Take off the heat and stir in the butter to disperse any remaining scum. Ladle into warm dry jars, filling to the very top then stir to disperse the pieces of strawberry evenly. Cover with clean dry screw topped lids or waxed discs and cellophane then leave to cool. Decorate with labels, string or ribbon and dried chillies if liked.



Ingredients

1kg strawberries, hulled and halved

1 tsp dried crushed red chillies

1kg jam sugar with pectin

2 limes, grated rind and juice

15g butter

Tip

The jam will keep for several months in a cool dry place, but once the jar is opened store in the fridge.



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in your creations this
winter and keep your
eyes peeled for more
berry inspiration from us.

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