Cranberry Sauce for kids

Sides · ages 7 to 14 (grades 2nd–8th) · about 20 minutes, plus 2 hours waiting · serves 8

Pop, pop, POP! Let's make Popping Cranberry Sauce: listen to the berries burst. Steps marked Grown-up step are for a grown-up to do.

Ingredients

- 3 cups cranberries
- 1 cup sugar
- ½ cup cold water
- ½ cup orange juice
- a pinch cinnamon (optional)

Tools

A colander, Measuring cups, A big pot, The stove (grown-up), A big spoon, A mixing bowl.

Steps

1. Wash your hands with soap for twenty seconds, then let's make popping cranberry sauce!
2. Tip 3 cups of cranberries into the colander and rinse them under cold water.
3. Pick out any squishy or brown ones. Then bounce a good one on the counter!
4. Pour 1 cup of sugar into the cold pot.
5. Pour in ½ cup of cold water, then ½ cup of orange juice.
6. Add a pinch of cinnamon too.
7. Tip in the cranberries. Plop, plop, plop!
8. Grown-up step: A grown-up heats the pot on the stove until it boils, stirring.
9. Grown-up step: A grown-up lets it bubble gently for 10 minutes. Listen for the pops!
10. Grown-up step: A grown-up turns off the heat and pours the hot sauce into the bowl.
11. Let it cool, then chill it in the fridge for 2 hours. It sets like jelly!
12. Spoon it next to the turkey. Pop, pop, hooray!

Safety notes

- Hot! A grown-up does this part.
- None of the nine major allergens as written. Still read the labels on packets.
- Raw cranberries are hard and round: only cooked, soft sauce for little ones under 4.
- Sticky fingers.

Kitchen science

Cranberries have little air pockets inside, so they bounce and float; heat swells the air until the skins pop, and the berries' own pectin sets the sauce as it cools.

Make it your own

- Stir in a spoonful of orange zest (a grown-up grates it).
- Swap half the berries for chopped apple.
- Spread a little on toast with cream cheese the next morning.

Questions about cranberry sauce

Can I make cranberry sauce ahead? Yes. It keeps in a covered bowl in the fridge for about a week, and it sets firmer the longer it chills.

Why do cranberries pop? Each berry has small air pockets inside. Heat makes the air expand until the skin bursts with a little pop.

Can I use frozen cranberries? Yes, straight from the freezer; they take a minute or two longer to pop.

Free at peabody.kids/kitchen/cranberry-sauce