



## Ground Cherry Jam

4 cups ground Cherries

4 cups water or apple juice

4 cups sugar

2 tbs. lemon juice

6 tsp. calcium water from Universal Pomona Pectin

8 tsp. Universal Pomona Pectin

Wash then blend cherries in food processor until desire consistency. Add 4 cups of water or apple juice, cherries, calcium water and lemon juice to heavy bottom pan. Bring to a boil. While you are waiting for it to come to a boil mix you pectin into your sugar very well. When your fruit mixture come to a boil add your sugar mixture. Stir very well until sugar dissolves. Bring back to a boil.

Ladle into your sterilized jars leaving  $\frac{1}{2}$  in. head space. Wipe your rims clean with hot water or vinegar on a paper towel. Place sterilized flats onto jars and put on rings to figure tight. Place back into water bath and bring to a rolling boil for 10 min.

## Ground Cherry **COFFEE CAKE**

- 2 cups unbleached all-purpose flour
- 1 1/4 cups granulated sugar
- 1 1/4 teaspoons salt
- 10 tablespoons room-temperature unsalted butter, cubed
- 1 1/4 teaspoons baking powder
- 1/2 teaspoon baking soda
- 3/4 cup buttermilk (or regular milk soured with lemon juice or vinegar)
- 1 large egg
- 2 1/2 teaspoons vanilla extract
- 2 to 3 cups ground cherries (or other berries or fruit), husks removed
- 1 cup chopped pecan pieces (untoasted)
- 1/2 cup packed dark brown sugar
- 2 teaspoons ground cinnamon

### **INSTRUCTIONS**

1. Preheat oven to 325 degrees F. Butter and flour a 9" cake pan (the taller the sides the better) or bundt pan. Set aside.
2. In a large bowl whisk together flour, sugar and salt. Cut in butter with two table knives until butter is combined with flour and is the size of small peas. Remove 1 cup of flour & butter mixture into a second bowl and set aside (you'll use it for your topping later).
3. Add in baking powder and soda to base flour mixture and whisk gently (or sift beforehand). Add buttermilk, egg, and vanilla, and stir until mixture is free of flour streaks. Lumps are ok as your butter is still chunky, but streaks tell you it's not quite mixed enough.
4. Pour flour mixture into prepared pan. Scatter ground cherries (or fruit of your choice) over the top. Next, add nuts, brown sugar and cinnamon to your small bowl of flour that is set aside. Stir and sprinkle over the top. It will be thick, that's ok. It equals crunchy goodness.
5. Bake for 60 to 75 minutes (depending on the color of your cake pan) until a skewer (wooden or metal) comes out crumbly, but clean. If your nuts start to get too dark (dark brown good, burnt bad), apply foil over the top of your pan to halt that process and allow the cake to continue cooking. Remove from oven and allow to cool for at least 15 minutes in the pan. Serve and enjoy!

# Ground Cherry Salsa

Servings: 2 cups

## Ingredients

- 1 cup Ground Cherries outer husk removed
- 1/2 cup Red onion
- 1/3 cup roasted tomatoes \*see note
- 1 medium lime, juiced
- 1/4 cup finely chopped jalapeño seeds removed
- 1/4 cup fresh cilantro leaves
- 1/4 teaspoon [Sea Salt](#)

## Instructions

1. Combine all ingredients in your food processor and pulse to combine.
2. Chill prior to serving for flavors to combine. Will keep for about a week in the fridge.

## Notes

\*To roast tomatoes, remove core, cut in half and de-seed. Place cut side down on a baking sheet with sides and broil for roughly 5-10 minutes or until the skins blacken slightly. Allow to cool, then remove skins. Use the tomato meat for the 1/3 cup roasted tomatoes in this recipe. Store extra roasted tomatoes in the freezer to use later.