
HASKAP RECIPES

Proudly Saskatchewan



Enjoy these delicious recipes that we've gathered since planting our Haskap orchards in 2013.

Modify the ingredients for your specific tastes and make them your own.

Authors

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How to Make Haskap Jam That Sets

Author: Margaret MacInnis, Winemaker and Recipe Developer

Yield

Single batch: 5-6 cups of jam

Double batch: 10-12 cups of jam

Preparation: Sterilize jars in dishwasher or boil on stovetop for 10 minutes. Boil lids for 10 minutes. Allow to cool.

Ingredients

Single Batch

4 cups berries, thawed

¼ cup lemon juice

5 cups sugar

Double Batch

8 cups berries (measured whole and unmashed)

½ cup lemon juice

10 cups sugar



Later: 1 bag Liquid Certo Fruit Pectin per 4 cups berries (2 bags for 8 cups berries). If using Aurora or mainly Tundra berries, they have less pectin so use an additional ½ bag for 4 cups or an additional full bag for 8 cups. **Do not use powdered Certo** as it doesn't work as well for Haskap.

Instructions

Mash or food process about ½ the berries. Bring all the above, except pectin, to a full boil in a **big pot**, being very careful it does not boil over. Stir constantly. Boil hard 1 minute (with a boil that can't be stirred down). Take off heat. Stir in Liquid Certo. Wait 5 minutes and stir a bit to prevent floating fruit. Skim if necessary.

Fill jars to ¼ inch from the top. Clean off rims with a clean cloth and add lids, finger tighten only.

If you don't have a canner: Wash your big pan. Place a dishcloth in it. Put as many jars as can fit into it and run water over them until they are submerged. Bring the lidded pot to a light boil for 20 minutes (add a little vinegar to the water to prevent spotting). Remove jars with a jar remover or drain off water and carefully take jars out. Allow to cool. If lids aren't popping, use that jar right away. Wait 12 hours before you check for set or you'll ruin it.

How to Make Haskap Cheesecake

Guest Author Nana (Bertha MacInnis), Peter's Mom



Note: Take out full fat cream cheese from fridge for one or two hours before making the cheesecake

Topping Ingredients

1.5 cups of Haskap, thawed

1 tablespoon lemon juice

$\frac{3}{4}$ cup table sugar

2 tablespoons cornstarch

Mix cornstarch and sugar, stir into berries. Stir in lemon juice. Heat until boiling, stirring constantly. Boil one minute until thick, stirring all the while. Allow to cool while making filling.

Purchased Graham Shell

Purchase the ones with the plastic cover or make your own if you like.

Filling Ingredients and Instructions

1.5 cups icing sugar

Prepare 1.5 packages of Dream Whip (Dream Whip powder, $\frac{3}{4}$ cup milk), beat with mixer for one minute).

Beat in one package of full fat cream cheese, low speed.

Stir in icing sugar and beat with beaters on medium speed until smooth.

Put mixture in pie shell and add topping.

Cover with plastic cover and refrigerate at least two hours or until firm.

Banana Haskap Loaf

Author: Margaret MacInnis, Winemaker and Recipe Developer

Yield: 2 loaves

Ingredients

3 cups overripe mashed banana (about 5 – 6 bananas)
or 2 cups banana and ½ cup Greek yoghurt
3 cups flour
¾ tsp salt
¾ cup real butter
1 cup brown sugar
1 cup fresh Haskap or, if from frozen, drain the juice
before using
3 large eggs, beat well before adding
2 tsp baking soda
¾ cup chopped nuts (I like walnuts), optional



Instructions

Preheat oven to 360F. If using convection, 350F is adequate. Grease and lightly flour 2 loaf pans.

Mix flour, baking powder, salt, stir in and coat Haskap and nuts (nuts are optional).

Soften butter, cream in brown sugar, blend in beaten eggs and mix until smooth and fluffy. Stir in mashed banana (or banana and yoghurt).

Make a well in the creamed mixture and add flour mixture. Lightly fold until all dry ingredients are moistened, but do not stir too much as it makes the loaf tough.

Pour into 2 loaf pans, bake for 35 to 45 minutes. At higher altitudes, you may need more time. Check at 35 minutes and every 5 minutes after, until toothpick inserted comes clean or top springs back easily when indented with finger.

Remove from oven, let sit for 10 minutes. Carefully run a butter knife along all four edges, and invert pans on cooling rack. Serve with butter or preserves as you like. These are great warm from the oven, and they also freeze very well in airtight Ziploc bags.

Haskap Berry Clafoutis

Author: Margaret MacInnis, Winemaker and Recipe Developer



This is a dream breakfast and tastes like pancakes and a sinful dessert all in one

Ingredients

1 lb fresh Haskap berries (about 2 cups)	3/4 teaspoon grated lemon zest
1 tablespoon butter	3/4 teaspoon vanilla extract
1 1/4 cup whole milk	1/2 cup all-purpose flour
4 large eggs	1/2 teaspoon salt
1/2 cup granulated sugar	

Instructions

Preheat oven to 375 degrees. Butter a 10-inch baking dish or cast-iron skillet. Combine the milk, eggs, sugar, lemon zest and vanilla extract. Blend until just incorporated. Add the flour and salt and blend until well incorporated and lump-free.

Pour a layer of batter in the baking dish and arrange berries on top. Sprinkle berries with 2 tablespoons of sugar if they are tart. Pour remainder of batter over the berries.

Carefully set dish or skillet into the oven and bake for 45-50 minutes. It is done when it no longer wiggles in the center. Serve warm or at room temperature. I make a 'sauce' of 1/2 cup Haskap with 1/3 cup of honey or sugar and 1 tablespoon of lemon juice. Cook for 10 minutes. Allow the sauce to cool.

Haskap Topping

Author: Margaret MacInnis, Winemaker and Recipe Developer



Ingredients

4 cups Haskap (firmer varieties like Berry Blue and Aurora work best since they hold their shape); fresh or frozen

1 tablespoon lemon juice

2 cups sugar

2 tablespoons cornstarch

½ cup of orange or apple juice, whichever you like. I use anything on hand in the juice aisle for different flavours (even cranberry).

Instructions

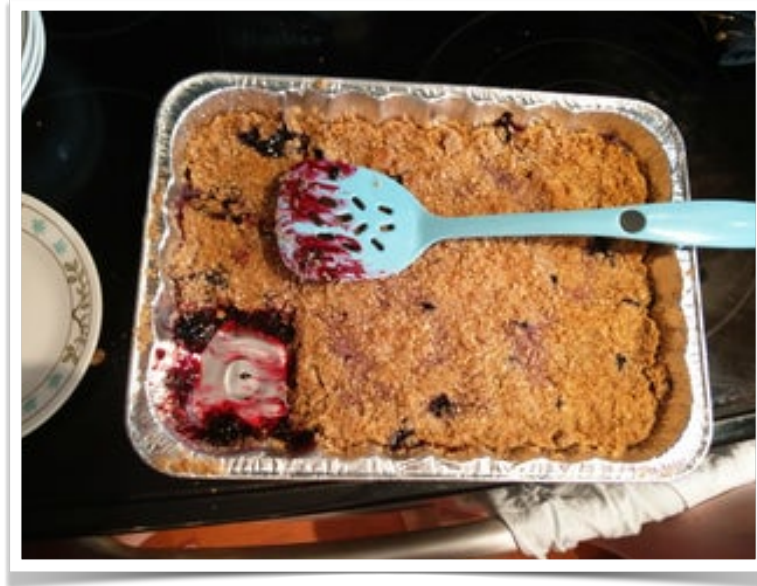
Mix the cornstarch with the sugar. Pour this mixture over the Haskap berries and let sit in the fridge for 2-3 hours until they leak a little. If you are making it from frozen berries, they leak enough and only need to sit under sugar until thawed. Mix in the juice.

Boil over medium heat stirring constantly until slightly thick.

Prepare jars and can as per normal. If you use less than 2 cups of sugar, pressure can and add additional lemon juice by 1 tablespoon per 4 cups.

Haskap Crumble

From Loretta Bors' Recipes (rest her soul)



Filling Ingredients

4 cups fresh Haskap berries (if using frozen berries, drain off half of the juice and save for drinking)

1 cup sugar

1/2 cup flour

Instructions

Mix berries, sugar and flour in a bowl then transfer to a 9" x 9" well buttered baking dish.

Crumble Topping Ingredients

1 cup flour (of any kind)

1/2 cup brown sugar

1 cup quick cooking oats

1/2 cup butter

Instructions

Mix by hand in a bowl.

Spread over berries in baking dish.

Bake for 20 to 25 minutes at 350F, allow to cool until set.

Haskap Coffee Cake

Adapted from Smucker's Blueberry Coffee Cake Recipe

Cake Ingredients

- 1 1/2 cups all purpose flour
- 1/4 cup sugar
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground allspice
- 1/3 cup melted butter
- 1 large egg
- 2/3 cup milk
- 3/4 cup honeyberry jam



Topping Ingredients

- 1/4 cup firmly packed brown sugar (or evaporated cane sugar)
- 2 tablespoons flour
- 1 tablespoon butter
- 1/4 cup sliced almonds (sprinkled last) if desired

Instructions

Heat oven to 400F. Spray 8- or 9-inch square baking pan with non-stick cooking spray.

Lightly spoon flour into measuring cup, level off. Combine flour, sugar, baking powder, salt and allspice in medium bowl. Add butter, egg, and milk. Mix vigorously until well blended. Pour half of the batter into the prepared pan; spread preserves evenly over batter. Top with remaining batter.

Combine topping ingredients, mix until crumbly. Sprinkle over top of coffee cake.

Bake 20 to 25 minutes or until toothpick inserted in center comes out clean.

Haskap Cream Tarts

Ontario Haskap Association

Ingredients

1/2 cup double cream
 2 tablespoons sugar
 1/2 cup Haskap berries
 1/2 dozen unsweetened tart shells, baked
 6 mint leaves

Instructions

Puree Haskap in a food processor until smooth. No need to strain the puree, seeds in Haskap are very tiny.

Whisk cream and sugar until thick and creamy. Stir in the Haskap puree.

Fill tart shells and garnish with mint leaves.



Photo credit shiftingroots.com

Haskap Martini - The Hastini

Ontario Haskap Association

Ingredients

1 1/2 oz Vodka	4 oz Haskapple juice
1/2 oz Triple Sec	ice cubes
1/2 oz Vermouth	3 or 4 Haskap berries soaked in Vodka

Instructions

Add all the ingredients in a martini shaker with ice and shake. Pour into a martini glass and add the Haskap berries soaked in vodka.

Haskap Ice Cream

Magnus Buch

([klimaplenter.dk](https://www.klimaplenter.dk); <https://www.instagram.com/klimaplenter.dk/>)

Ingredients

Haskap puree
500 g Haskap, fresh or frozen
50 g of sugar
1 vanilla pod

The ice mass

6 egg yolks
100 g of sugar
400 ml whole milk
400 ml whipping cream



Haskap puree:

- 1 Split the vanilla bean and scrape out the seeds. Mix them with a bit of the sugar.
- 2 Pour the Haskap berries, sugar, vanilla and vanilla bean into a saucepan, bring to the boil and simmer for approx. 5 min., Haskap must be cooked tender.
- 3 Remove the vanilla bean and blend honey berries to a fine puree. Alternatively, it can be thoroughly beaten with a whisk to remove as many lumps as possible.
- 4 Put the Haskap puree in the fridge and let it cool completely. Sieve it if necessary. through a fine-mesh sieve if the blender has not blended the fruit pulp well enough.

The ice mass:

- 5 Whisk the egg yolks and sugar to a light and fluffy mass in a large bowl. Heat the cream and milk in a saucepan until it forms small bubbles on the side and then turn off the heat. Stir regularly and make sure it doesn't burn. It must rise to 84° C.
- 6 Slowly pour the cream/milk mixture into the bowl with the eggnog and whisk thoroughly, pour in only a little at a time, whisking all the time. Pour the ice mass back into the pan and heat again until it forms small bubbles on the side, stir regularly, make sure it doesn't burn. Again, it should hit 84° C.
- 7 When the ice mass has thickened slightly, remove it from the heat, pour into a bowl and refrigerate until completely cooled. Mix the cooled ice cream mass with the cooled honey berry purée, and pour the ice cream mass into an ice cream machine and run it until it has the consistency of a soft ice cream.
- 8 Pour the ice cream mixture into the desired container and freeze until it is to be served. Take it out of the freezer approx. 5-10 min. before serving. If you don't have an ice cream maker, pour the ice cream directly into the desired shape and freeze it. Stir the ice cream once every half to a full hour until the ice cream begins to set.

Millie's Haskap Rhubarb Crisp

Author: stonetablehaskaps.ca

With special thanks to Millie, mother-in-law

Filling

Mix together:

3 cups Haskaps

3 cups Rhubarb

1 cup white sugar

2 tablespoons lemon juice

1/4 cup minute tapioca

2 tablespoons cornstarch or flour

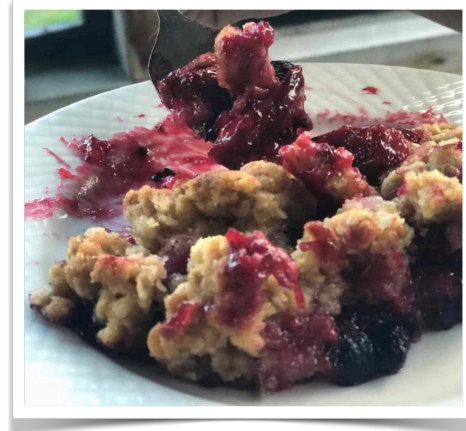


Photo credit: @stonetablehaskaps

Place in the bottom of a lightly greased 9x12 casserole dish (or 9x9 for a deeper dish)

Crumble

Mix together:

1 1/2 cups flour

1 cup brown sugar

1 cup butter or margarine

1 cup rolled outs

Directions

Place crumble loosely on top of the filling. Do not press down.

Cook at 350° F until lightly browned and the fruit is cooked through.

Serve alone or with your favourite ice cream or whipped cream.

Savory Haskap Pizza #1

Author: stonetablehaskaps.ca

Ingredients

1 12" pizza dough
1 tablespoon oil
2 tablespoons unsalted butter
1 large sweet onion
2 tablespoons brown sugar
1 large garlic clove
pinch of salt
1 cup Haskaps
2 tablespoons honey
½ cup ricotta cheese
8 ounces fresh shredded mozzarella
1 tablespoon thyme



Photo credit: Shoebox Pix

Directions

1. Prepare your pizza dough following your favourite recipe and preheat the oven to 475 F.
2. While the dough is rising, dice the sweet onions. Add onions, oil and butter to a frying pan and fry on medium-low heat for approximately 15 minutes (until the onions are browned). Once the onions have started to brown add the brown sugar and minced garlic. Cook on low heat for another 5 minutes, stirring frequently. Set aside for later.
3. In a small skillet add 1 cup of frozen Haskaps and 2 tablespoons of honey. As the mixture heats, mash the berries to make a more even consistency. Bring the mixture to a boil and then reduce to a low simmer, stirring constantly. Reduce until the desired thickness is reached. The mixture should be slightly runnier than jam when cooled. Let cool and set aside for later.
4. Roll out the pizza dough to your desired shape and prepare your pan with oil and flour. We prefer to make ours rectangular, approximately 14.5" by 10". As the dough rests in the pan whip the ricotta until smooth using a blender or beaters.
5. Spread the ricotta over the pizza dough and sprinkle half the fresh shredded mozzarella over the pizza. Evenly add the thyme and onion mixture to the pizza. Spoon small globs of the Haskap mixture evenly across the pizza and then cover with the remaining mozzarella cheese.
6. Bake the pizza for 10 to 15 minutes, removing once the cheese has started to brown and the crust is golden. Enjoy!

* Total time to make this recipe will be longer if making your pizza dough from scratch.

Sweet and Summery Haskap Pizza #2

Author: stonetablehaskaps.ca

Ingredients

- 1 12" pizza dough
- 1 tablespoon olive oil
- 1 cup haskaps
- 2 tablespoons honey
- 8 ounces fresh shredded mozzarella
- 2 ounces goat cheese
- Balsamic reduction **



Photo credit: Shoebox Pix

Directions

1. Prepare your pizza dough following your favourite recipe and preheat the oven to 475 F.
2. In a small skillet add 1 cup of frozen Haskaps and 2 tablespoons of honey. As the mixture heats, mash the berries to make a more even consistency. Bring the mixture to a boil and then reduce to a low simmer, stirring constantly. Reduce until the desired thickness is reached. The mixture should be slightly runnier than jam when cooled. Let cool and set aside for later.
3. Roll out the pizza dough to your desired shape and prepare your pan with oil and flour. We prefer to make ours rectangular, approximately 14.5" by 10". Brush the dough with olive oil.
4. Sprinkle mozzarella cheese evenly across the pizza dough. Top with small chunks of goat cheese and small globs of the Haskap mixture. Drizzle balsamic reduction on the pizza.
5. Bake the pizza for 10 to 15 minutes, removing once the cheese has started to brown and the crust is golden. Drizzle a little more balsamic reduction across the pizza and enjoy!

* Total time to make this recipe will be longer if making your pizza dough from scratch.

** We use a store-bought strawberry and fig balsamic reduction. The flavour complements this pizza perfectly, however, any balsamic reduction will do perfectly.

Haskap Fruit Gelee Candy

Ontario Haskap Association

Ingredients

1 cup Frozen Haskap berries or Haskap jam

1 tablespoon lemon juice

2 cups brown sugar

3 tablespoons liquid Pectin

Instructions

Line a 9 X 9 inch square cake pan with plastic wrap.

Puree the Haskap in a blender until smooth. Heat the Haskap puree, lemon juice and 1/2 cup of the sugar and bring to a boil. Lower the heat to simmer until the fruit begins to thicken.

Add the remaining sugar and the pectin and heat to 200F while stirring for 10 minutes or until mixture is very thick.

Pour the thickened mixture immediately into your pan and allow to cool for a few hours.

Once the candy has cooled, use a sharp knife to cut it into 2 cm squares. Roll each square in powdered sugar and refrigerate.

Haskap Jell-O

Ontario Haskap Association

An easy, good for you recipe that kids love. No sugar and 100% pure juice make Haskap Jell-O a nutritious and fun snack packed with vitamin C.

Instructions

Make Haskap juice by boiling 2 cups of Haskap with 2 cups of apple juice, stir and press through cheesecloth or a tightly woven sieve.

Place 1/2 cup of made juice in a glass bowl. Sprinkle with one envelope unflavored gelatin and stir.

Bring 1 1/2 cups made juice to a boil. Pour boiling juice over juice-gelatin mixture and stir until gelatin dissolves completely.

Pour into 8" x 8" pan and chill. Cut into cubes and serve.

Haskap - Garlic Scape Salad dressing

Ontario Haskap Association

Yield: 1 cup

Ingredients

2 fresh garlic scapes, chopped	4 tablespoons balsamic vinegar
1 teaspoon honey	1/2 cup extra virgin olive oil
2 teaspoons brown mustard	salt and pepper to taste
4 tablespoons Haskap jam	

Instructions

Combine the garlic scapes, honey, mustard, Haskap jam and balsamic vinegar and blend until scapes are pureed. With blender on low, slowly add the olive oil until well mixed. Add salt and pepper to taste.

Canada Day Slow Cooker Pork Roast

Ontario Haskap Association

Haskap, cranberry, maple and garlic scapes create a wonderful savory sauce in this Canada Day Slow Cooker recipe. Select your freshest local ingredients, toss together and leave cooking while enjoying the day's festivities.

Ingredients

3 pounds pork shoulder roast	1/2 teaspoon dried sage
2 cups frozen or fresh Haskap berries	1 cup fresh garlic scapes, chopped
1/2 cup unsweetened cranberry juice	salt and pepper to taste
1/2 cup maple syrup	6 strips of bacon

Instructions

Place pork roast in the slow cooker. Pour in the cranberry juice and maple syrup. Add fresh or dried sage, salt and pepper to taste. Sprinkle Haskap berries and garlic scapes over the pork roast. Top with bacon strips. Cover and cook on low for 8 hours.

Haskap-Apple Jam

Ontario Haskap Association

Yield: 2 cups

Ingredients

1 cup Haskap berries
2 Granny Smith apples, peeled and cored
1 1/2 cups sugar
1.5 teaspoons lemon juice

Instructions

Thoroughly mix the sugar and Haskap berries. Heat on low, stirring frequently until berries begin to juice. Boil on medium heat until thickened. Add lemon juice to finish.

Haskap Smoothie

Ontario Haskap Association

Yield: 2 servings

Ingredients

1/2 cup frozen Haskap berries

Frozen banana

2 tablespoons sugar

1/2 cup milk

Instructions

Put all ingredients in a blender and blend thoroughly until smooth. Garnish with mint.

Haskap Crumble

Ontario Haskap Association

Yield: 12 servings

Ingredients

4 cups Haskap berries

1 teaspoon cinnamon

1 1/4 cups oats (non-instant)

1/2 teaspoon cloves

1/2 cup spelt flour

2 tablespoons butter

1/2 cup cane sugar or honey

Instructions

Mix together dry ingredients. Grease large baking pan with butter and fill with Haskap berries. Top with dry ingredient mixture and bake at 300F for 30 minutes or until berries are bubbling.

Haskap Chutney

Ontario Haskap Association

Ingredients

2 cups packed brown sugar

2 tablespoons lemon juice

1/2 cup apple cider vinegar

3 teaspoons final grated ginger

4 cups Haskap (fresh or frozen)

2 tablespoons finely chopped garlic

1 cup finely chopped red onion

1 teaspoon red chili flakes

Instructions

Combine sugar and vinegar and cook over medium heat in a large stainless pot, stirring often to dissolve the sugar. Add remaining ingredients, simmer for 30 minutes.

Goes well with poultry dishes.