

## CHERRY & ORANGE IRISH SODA BREAD

**Ingredients:** Yield: 1 loaf- 16 servings

<i>½ cup Whole Wheat Flour</i>	<i>1 ½ cups Buttermilk</i>
<i>3 ½ cups All-Purpose Flour</i>	<i>1 Large Egg</i>
<i>⅓ cup Sugar</i>	<i>2 tbsp Orange Zest</i>
<i>1 tsp Baking Powder</i>	<i>(about 1 large orange)</i>
<i>1 ½ tsp Baking Soda</i>	<i>1 cup Dried Tart</i>
<i>1 tsp Salt</i>	<i>Montmorency Cherries</i>
<i>5 tbsp Unsalted Butter</i>	
<i>(cut into cubes and kept cold)</i>	

**Directions:** Preheat oven to 375°F. In electric mixer bowl, **COMBINE** whole wheat flour, all-purpose flour, sugar, baking powder, baking soda, and salt. **MIX** for 30 seconds until evenly combined. **ADD** the cubed butter and mix on medium-low speed until butter is worked into flour mixture with pieces the size of a pea or smaller. **ADD** orange zest and dried cherries to the dry ingredients. In a large measuring cup, **WHISK** together the buttermilk and egg. With the mixer on medium speed, pour the wet mixture into the dry ingredients and mix until just combined with a few dry crumbs. **KNEAD** the dough slightly to make sure all ingredients are combined. **FORM** into a round boule, shaped on a parchment-lined baking sheet. Using a sharp knife, make a large X slash across the top. **BAKE** in preheated oven until deep golden brown on top and bottom, 35-40 minutes. Remove from oven and cool at least 15 minutes before slicing.

**Nutrition Facts** 1 Serving: Calories 211kcal, Carbohydrates 37.6g, Protein 4.5g, Fat 5.1g, Saturated Fat 2.8g, Polyunsaturated Fat 0.4g, Monounsaturated Fat 1.4g, Trans Fat 0g, Cholesterol 23.7mg, Sodium 294.1mg, Potassium 149mg, Fiber 1.8g, Sugar 12.6g, Vitamin A 46.5 IU, Vitamin C 1mg, Calcium 63.9mg, Iron 1.6mg



## CHERRY OVERNIGHT OATS

**Ingredients:**

Yield: 400 servings

*200 cups Old Fashioned Oats*  
*25 cups Chia Seeds*  
*4 tbsp of Fine Sea Salt*  
*1 cup Ground Cinnamon*  
*2 cups Vanilla Extract*  
*25 cups Maple Syrup*  
*50 cups (19 lbs) Dried Tart Montmorency Cherries*  
*250 cups (15.625 gallons) Milk*  
*Dollop of Yogurt (optional)*

**Directions:** In a large bowl, combine all ingredients. Cover and refrigerate overnight (a minimum of 5 hours). Serve cold with a dollop of yogurt.

**Nutrition Facts** 1 Serving: Calories 342kcal, Carbohydrates 59g, Protein 9g, Fat 8g, Sodium 215mg, Sugar 21g



## CHERRY BBQ SAUCE

**Ingredients:**

Yield: about 75 cups – 400 servings

*25 cups (9.5 lbs) Dried Tart Montmorency Cherries*  
*25 cups (200 fl oz) Orange Juice*  
*50 cups (400 oz) Barbecue Sauce*

**Directions:** In a large pot combine dried cherries and orange juice. Bring to a simmer, cover and cook over low until plump. Cool slightly, then puree until smooth. Transfer to a bowl, add BBQ sauce, and mix well.

**Nutrition Facts** Serv. size: 1.5oz, Calories 80, Carbohydrates 19g, Cholesterol 0mg, Fat 0g, Sodium 20mg, Sugar 16g (Incl. 2g Added Sugars), Protein 0g, Potassium 50mg