

Fresh Mixed Berries in a Phyllo Cup

by Chef Brian Henry

Working as the Chef and Media Spokesperson for the Ontario Berry Growers Association has kept me quite busy trying and testing recipes over and over again. The challenge has been in creating new uses for the berries and incorporating them into a mosaic of multi-cultural flavours while at the same time keeping the naturally healthy aspect of berries in perspective.

When creating recipes that emphasize the healthy aspect of eating berries one needs to know that berries are loaded with anti-oxidants. In fact one serving of strawberries has more vitamin C than a single orange as well raspberries are a great source of manganese and iron while blueberries contain more anti-oxidants than any other Canadian produced crop. Unfortunately we tend to smother these fruits in heavy cream sugar and cake.

So to combine all of these berries together in one dish would be a sensible healthy recipe without adding any fat or sugar into the mix. A smoothie would be too easy to do but it wouldn't allow each fruit to stand alone on its own... hmmm what to do?

Recently I received an e-mail from chef Christopher Ennew C.C.C. from St. Anne's Spa, which included the following recipe. I modified it only slightly, (sorry chef Christopher, no disrespect) to incorporate more readily available ingredients.

Depending on the weather we do have the opportunity in mid- to late July to eat Ontario Fresh strawberries, raspberries and blueberries all at the same time. This recipe is the perfect way to enjoy them together:

Fresh Mixed Berries in a Phyllo cup

4 sheets phyllo pastry
1 tbsp. canola oil
250 ml plain yogurt
1 tsp. honey-liquid
2 tbsp. concentrated orange juice
2 sprigs fresh mint
Pinch ground cardamom
One quarter pint fresh blueberries
One quarter pint fresh raspberries
One half pint fresh strawberries-sliced

Method: Pre heat oven at 350°f, place sheets of phyllo pastry onto table, brush half of the pastry sheet with canola oil, fold sheet in half cut into three pieces, place three pieces in a muffin tin together bake 6-8 minutes or until golden brown. Take four small pieces of mint of the sprigs and set aside for garnish and finely chop the rest of the leaves.

Stir together the yogurt, cardamom, honey and chopped mint. Spoon the yogurt mixture in the bottom of the phyllo cups, top with the berries and place on top the mint sprig.



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