INGREDIENTS

1 1/2 teaspoons whole black peppercorns  Juice of one orange (about 1/4 cup)
1/2 teaspoon whole coriander seeds  1/4 cup water
1 tablespoon avocado oil  2 teaspoons orange zest (about 1/2 orange)
1-12-ounce bag fresh or frozen cranberries
(about 3 cups)  1/2 cup fresh pomegranate seeds
1/2 cup granulated sugar

METHOD

1. Grind black peppercorns and whole coriander seeds together in a spice grinder or a pestle and mortar until fine. Set aside.

2. In a small saucepan, combine oil and spice mixture. Season with a little salt. Set over medium heat and cook until fragrant but not burnt, 2-3 minutes! Careful – you might find yourself sneezing!

3. Add cranberries, sugar, juice and water. Bring to a boil, then turn the heat down so that the contents of your pot are at a gentle simmer. Cook for about 10 minutes, or until most of the cranberries burst.

4. Turn off heat, gently stir in the orange zest and pomegranate seeds. Taste for seasoning.