



# Introduction to Baking & Pastry with Washington Red Raspberries

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[RedRazz.org](http://RedRazz.org)



# Chef Samantha Cowens Gasbarro

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- Johnson & Wales University graduate
- Chef educator with a specialty focus in school nutrition and culinary programs
- Trains school food professionals across the country in basic culinary skills, from baking to various cooking techniques

# Overview

## Topic

About Washington Red Raspberries

Food Safety

Nutrition

Washington Red Raspberry Formats

Flavor & Color Trends

Flavor Profile

Natural Color

Why Frozen Raspberries?

Applications

Featured Recipes

Baking Tips



# Objectives

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After completing the training, the participants will be able to:

- List the benefits of using frozen red raspberries in bakery and pastry items.
- Describe the various formats of Washington red raspberries.
- Identify techniques to incorporate Washington red raspberries in select bakery and pastry items.
- Recite current trends of natural color and flavor.
- Achieve natural color and flavor in sweet and savory baking applications using frozen Washington red raspberry formats.
- Create formulas that fit perfectly in any baking and pastry curricula.

# Background

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The **Washington Red Raspberry Baking Collaborative**, a consortium of bakers and culinary educators, helped create and test the content of this session, which is also captured in the **Baking & Pastry with Washington Red Raspberries Toolkit**.

Bakers and baking/pastry educators

Washington State University Breadlab

King Arthur Baking Company (Skagit Valley)

Bread Bakers Guild of America

Washington Red Raspberry Commission





# About the Washington Red Raspberry Commission

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- Formed in 1976 to support and promote the raspberry industry
- In the cool, marine climate of the Pacific Northwest, Washington produces approximately 90% of the nation's frozen red raspberry crop
- Key Duties:
  1. Cultural and harvesting improvements
  2. Regulates unfair trade practices
  3. Advertising, sales and promotion
  4. Creates new or larger markets for sales
  5. Research in production and processing





# All About Raspberries

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- **Rubus idaeus**
- Planted on raised mounds with wire trellis system
- Harvested from July to August
- Washington state = perfect growing climate for red raspberries
  - ~90% of U.S. frozen red raspberry crop





**Washington Red Raspberries: From Farm to Freezer**





## WHAT WE GROW



Raspberry varieties grown specifically for processing are bred for superior flavor and color



Grow only varieties unique to freezing

Year-round availability





# HARVEST



Growing and nurturing is a 12-month operation

Frozen close to where it's grown



4-to-6-week harvest

Raspberry varieties grown specifically for processing are bred for superior flavor and color

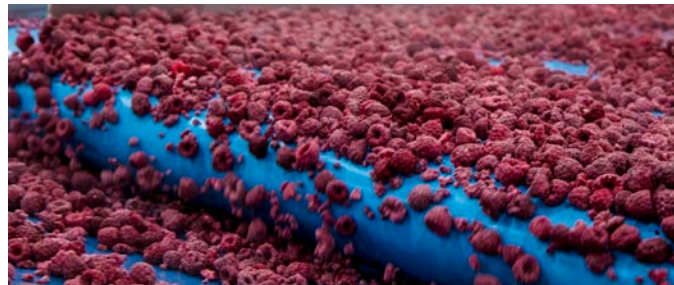




# PROCESSING



Carefully manage cool down and flash freezing



Field-fresh flavor and nutrition locked in

Just raspberries



# Food Safety

- Country-of-origin labeling
- Product traceability
- Daily due diligence
- Appropriate testing



# Key Health Benefits

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Naturally  
low-fat

Naturally  
cholesterol-free

Naturally  
low-sodium

Excellent source  
of dietary fiber

Excellent source  
of vitamin C

Washington red  
raspberry formats  
have no added  
sugar

# Nutrition Facts

<b>Raspberries, frozen, unsweetened</b>	<b>Per 1 cup (140 grams)</b>
Calories	80 calories
Total Fat	1 gram
Saturated Fat	1 gram
Cholesterol	0 milligrams
Sodium	5 milligrams
Total Carbohydrates	18 grams
<b>Dietary Fiber</b>	<b>6 grams</b>
Total Sugars	9 grams
Protein	2 grams
Vitamin D	0 micrograms
Calcium	30 milligrams
Iron	1.1 milligram
Potassium	260 milligrams
<b>Vitamin C</b>	<b>24 milligrams</b>



# Frozen Raspberries

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- Flash-freezing to lock in color, flavor and nutrition assets
- Focus on sustainable practices
- Benefits:
  1. Frozen at peak of ripeness
  2. Naturally sweet and tart flavors make them versatile from a culinary standpoint
  3. Offer convenience and consistent quality right out of the freezer
  4. No waste or spoilage
  5. Available year-round



# Washington Red Raspberry Formats

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IQF Whole

IQF Whole  
and Broken  
(crumbles)

Puree, Sieved

Puree, with  
Seeds

Juice  
Concentrate

Block IQF

# IQF Whole Berries

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**Whole red berries are quick frozen to between -22° and -31°F (-30° to -35°C)**

- **Uses:**
  - Baked goods
  - Croissants
  - Danishes



# IQF Whole and Broken Berries (Crumbles)

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**Whole red berries with varying percentages of crumbles/broken pieces**

- **Uses:**
  - Quick breads
  - Compotes
  - Preserves
  - Doughnuts
  - Croissants
  - Bars



# Puree

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## SIEVED

- **Sieved red raspberries pass through a screen to remove seeds.**
- **Often processed without added sugar – a bonus!**
- **Available pasteurized.**
- **Uses:**
  - Sauces
  - Glazes
  - Fruit leathers
  - Beverages
  - Breads
  - Croissant dough



## WITH SEEDS

- **Screen size determines smoothness of puree and amount of seeds in the finished product.**
- **Uses:**
  - Sauces



# Juice Concentrate

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**Red raspberries are crushed, pressed, pasteurized and concentrated.**

- Available as concentrate or concentrate with essence

- **Uses:**

- Fillings
- Sauces





# Block IQF

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**Whole red raspberries and broken pieces are frozen in their own juice, with or without sugar.**

- Uses:
  - Jams



# Flavor and Color Trends

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- Natural flavor and color top trend watchlists
  - **60%** of global consumers are interested in learning more about **where their food comes from** (*2020 Innova Market Insights*)
  - **19% of U.S. consumers** said the phrase “**no artificial colors/flavors**” influences their purchase decision when buying foods and beverages (*2018 Innova Market Insights*)
  - Global demand of the overall **clean label product market** enjoyed year-on-year growth of **15%** in 2022, and the same study projects another **16%** growth over the next 10 years for the \$38 billion industry (*Future Market Insights*)
- Using real fruit, like Washington red raspberries, adds vibrant color and flavor to baked goods, dairy products and more

# Flavor and Color Trends in Action

## Retail



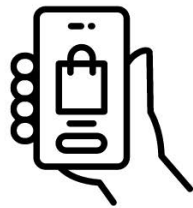
Grocery Store



Convenience Store

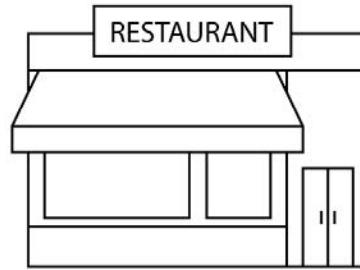


Specialty Store

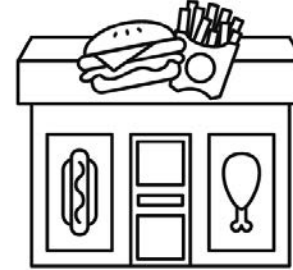


Online Retailers

## Commercial



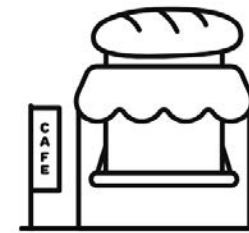
Casual Dining



Quick Serve



Fine Dining



Bakery Cafe

## Non-commercial



Health Care



K-12



College & University



Senior Dining



# Flavor & Color Trends in Action

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- Vegan Lemon Raspberry cupcakes from Rubicon Bakers
- The vibrant color and flavor of the cupcakes come entirely from the Washington red raspberries!
- Washington red raspberry puree is used in both the icing and filling



“We only use honest ingredients in our finished products. This means we only use colors and flavors derived from natural sources like fruits and vegetables.”

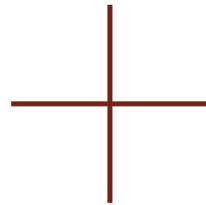
***- Emily McPhee, Research & Development Manager at Rubicon Bakers***

# Flavor Profile

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- Sweet and tart
- Sub-acid



## Fruits

- Lemon, key lime, apricot, peach, plum

## Spices and Herbs

- Mint, ginger, cinnamon, chili, thyme

## Dairy and Cheeses

- Goat, ricotta, yogurt, custard

## Chocolate and Vanilla Flavors

# Natural Color

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Washington Red Raspberries are rich in anthocyanins.

Anthocyanins are a class of flavonoid pigments responsible for colors such as pink and red.

Red raspberries can also be used to naturally color other baking and pastry items.

The anthocyanin in the red raspberry reacts with acids. Increase the acidity of an item to create a brighter and deeper red or pink color.





# Why Bake with Frozen Red Raspberries?

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- Add versatility any time of year
- Ruby red color, unique aroma, sweet and tart flavor fusion
- Perfectly ripe and ready to use, straight from the freezer
- >75% of consumers wish they could find more foods and beverages made with raspberries



# More Reasons to Bake with Frozen Red Raspberries?

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- Frozen fruits are labor-saving.
- Bred for the frozen market with less moisture than fresh raspberries. Makes them especially good for baking.
- Excellent for jams, conserves and pates de fruits because they don't have extra moisture and have a good amount of acid. Require less pectin and sugar than fresh raspberries.



# Baking and Pastry Applications

Yeast Bread Dough	Raspberry Black Pepper Bread
Laminated Doughs	Buckwheat Danish Dough Bi-Color Croissant Dough
Doughnuts	Raspberry Jam Doughnuts with Raspberry Glaze
Quick Breads	Raspberry Muffins with Almond Topping Raspberry Little Loaves
Bars	Raspberry Granola Squares
Fillings	Raspberry Jam and Filling
Glazes and Icing	Raspberry Glaze
Toppings	Candied Rosemary Cinnamon Crumbs

# Raspberry Pastries

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## Blossom with Apricot Lekvar, Raspberry Filling, and Cinnamon Crumbs

- 4" x 4mm squares
- Light lekvar filling, fold corners to center
- Raspberry filling (with dried crumbles) before oven
- Generous cinnamon crumbs when cool



## Raspberry Round with Brie and Rosemary

- 4" x 4mm squares, flat
- Depress center with breadcrumbs mixed with candied rosemary
- IQF crumbles on top of crumbs
- Slices of brie on top of crumbs
- Brush with rosemary syrup right after the oven



**Raspberry Jam  
Doughnuts with  
Raspberry Glaze**



**Raspberry Granola  
Squares**





**Raspberry Black Pepper Bread**

**Raspberry Little Loaves**





# Bi-Color Croissant Dough

## Poppy Twist with Lemon Icing and Raspberry Powder

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# Tips and Tricks from Baking Collaborative

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When baking  
with frozen  
raspberries

Leave them frozen until ready to add to the batter to maintain integrity and prevent “bleeding”

When making  
pies

Partially defrost raspberries to facilitate use and drain liquid, if needed



# Additional Tips for Frozen Raspberries

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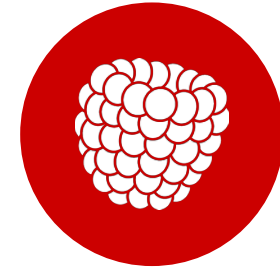
The colder the batter, the longer the baking time



Bake pies with an open top to allow for evaporation



For quickbreads, fold frozen raspberries (by hand) into a sturdy batter. You want the berries to be evenly distributed throughout, and a stiffer batter helps ensure this.



If your batter is thin (consistency of a pancake batter), sprinkle the berries on top so that they don't all end up on the bottom.

# A Baker's Perspective

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*Insights from*  
**Solveig Tofte**

Sunstreet Breads Owner &  
Former President of the Bread Baker's Guild of  
America

# Additional Resources

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- Visit the [Baking Professionals page](#) of RedRazz.org for:
  - Full list of baking formulas
  - How-to videos
- Looking to source Washington red raspberries? Check out our [Supplier List](#) to find a producer.
- Visit our [YouTube page](#) to see a more in-depth look at how Washington red raspberries are grown, harvested and processed, plus other helpful how-to videos and more.





**Thank you!**