

Raspberry Coulis

Chef John Hughes

COOK with JOHN

Internet Address: www.cookwithjohn.com

Servings: 12

Yield: 1 1/2 Cups

12 Ounces Raspberries, fresh
or frozen

1/4 Cup Granulated Sugar

1/4 Cup Orange Liqueur

2 Tablespoons Water

Place the raspberries, sugar, orange liqueur and water into a small heavy bottom saucepan and place over medium heat.

Stir occasionally until the raspberries have fallen into themselves, about 5 - 6 minutes.

Remove from heat, puree using a stick blender or food processor.

Strain through mesh strainer or chinois to remove seeds.

Allow to cool to room temperature.

Per Serving (excluding unknown items): 47 Calories; trace Fat (3.4% calories from fat); trace Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.

This sauce is great with anything chocolate but also goes well on fresh fruit and even ice cream.

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