

Slow-Cooker Blackberry Cordial

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Yield: 6 cups

6 cups blackberries
1 cup sugar
1 quart water
6 black peppercorns
2 bay leaves
1 lemon, zested in strips
1/2 cup maple syrup
1 1/4 cups brandy (optional)

In a large bowl, crush the berries and sugar with a potato masher. Place in a slow cooker. Stir in the water, peppercorns, bay leaves and lemon zest.

Cover and cook over LOW heat for 2-1/2 hours.

Stir. Increase the heat to HIGH. Cook for 1-1/2 hours.

Strain through a fine-mesh sieve without pressing on the berries. Stir the maple syrup into the blackberry juice. Let cool.

Stir in the brandy, if using.

Refrigerate for up to six months.

Tip

If it has brandy:
Enjoy as a cocktail. Serve with seltzer over ice or straight up.

Use as a pan sauce for pork or chicken.

Tip

Without brandy:
Whisk with mustard, vinegar and EVOO for a fruity vinaigrette.

Simmer until thick and pour over pancakes, waffles or ice cream.

Per Serving (excluding unknown items): 1649 Calories; 4g Fat (2.0% calories from fat); 7g Protein; 422g Carbohydrate; 47g Dietary Fiber; 0mg Cholesterol; 47mg Sodium. Exchanges: 0 Grain(Starch); 7 Fruit; 0 Fat; 20 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	1649	Vitamin B6 (mg):	.5mg
% Calories from Fat:	2.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.4%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	1.6%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	4g	Folacin (mcg):	301mcg
Saturated Fat (g):	trace	Niacin (mg):	4mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	422g
Dietary Fiber (g):	47g
Protein (g):	7g
Sodium (mg):	47mg
Potassium (mg):	2109mg
Calcium (mg):	478mg
Iron (mg):	8mg
Zinc (mg):	3mg
Vitamin C (mg):	212mg
Vitamin A (i.u.):	1456IU
Vitamin A (r.e.):	141 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	7
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	20 1/2

Nutrition Facts

Amount Per Serving

Calories 1649 Calories from Fat: 33

% Daily Values*

Total Fat 4g	6%
Saturated Fat trace	2%
Cholesterol 0mg	0%
Sodium 47mg	2%
Total Carbohydrates 422g	141%
Dietary Fiber 47g	186%
Protein 7g	
Vitamin A	29%
Vitamin C	354%
Calcium	48%
Iron	42%

* Percent Daily Values are based on a 2000 calorie diet.