
Blackberry-Honey Mustard Sauce

The Essential Southern Living Cookbook

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 20 minutes

1/4 cup granulated sugar

1 container (6 ounce) fresh blackberries

1/4 cup honey

1 tablespoon dry mustard

3 tablespoons Dijon mustard

2 tablespoons fresh lemon juice

1 teaspoon Kosher salt

1/3 cup extra-virgin olive oil

In a small saucepan over medium-high heat, bring the sugar and blackberries to a boil, stirring occasionally and mashing the berries with the back of a wooden spoon. Reduce the heat to medium. Simmer, stirring often and mashing the berries until slightly thickened, 2 to 3 minutes.

Remove from the heat and pour through a fine wire-mesh strainer into a blender, pressing with a spoon to release the juices. Discard the solids.

Add the honey, dry mustard, Dijon mustard, lemon juice and salt to the blender. Process on low for 20 seconds. Increase the blender speed to high. Process for 30 seconds. With the blender running, add the oil in a slow stream, processing until smooth.

Chill for one to twelve hours.

Yield: 1 1/4 cups

Condiments, Sauces

Per Serving (excluding unknown items): 1143 Calories; 75g Fat (56.3% calories from fat); 4g Protein; 126g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2448mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 14 1/2 Fat; 8 Other Carbohydrates.