

Sweet & Sour Sauce

Step-By-Step Sauces

Salamander Books Ltd. - London, England

Yield: 3 cups

*8 ounces carrots
6 spring onions
1 clove garlic
one-inch piece fresh root ginger
2 teaspoons olive oil
8 ounces unsweetened apple puree'
2 cups beef stock
2/3 cup red wine
3 tablespoons lemon juice
6 teaspoons clear honey
6 teaspoons light soy sauce
salt (to taste)
pepper (to taste)
3 teaspoons cornflour*

Grate the carrots roughly. Chop the onions finely. Peel and crush the garlic. Peel and grate or chop the ginger finely.

In a saucepan, heat the oil for 1 minute. Add the carrots, onions, garlic and ginger. Cook for 5 minutes, stirring.

Stir in the apple puree', stock, red wine, lemon juice, honey, soy sauce, salt and pepper. Mix well. Bring slowly to a boil. Cover and simmer gently for one hour, stirring occasionally.

Remove the pan from the heat and press the sauce through a nylon sieve. Discard the pulp and return the sauce to the saucepan.

In a small bowl, blend the cornflour with one tablespoon of water. Stir the cornflour mixture into the sauce and bring slowly to a boil, stirring continuously. Simmer gently for 3 minutes and adjust the seasoning before serving.

Serve with lamb, pork, fresh vegetables or mixed beans.

Per Serving (excluding unknown items): 387 Calories; 10g Fat (32.5% calories from fat); 8g Protein; 38g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 5644mg Sodium. Exchanges: 0 Lean Meat; 6 Vegetable; 1/2 Fruit; 2 Fat.

Sauces and Condiments

Calories (kcal): 387
% Calories from Fat: 32.5%
% Calories from Carbohydrates: 55.8%
% Calories from Protein: 11.7%
Total Fat (g): 10g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 7g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 38g
Dietary Fiber (g): 9g
Protein (g): 8g
Sodium (mg): 5644mg
Potassium (mg): 1312mg
Calcium (mg): 145mg
Iron (mg): 6mg
Zinc (mg): 1mg
Vitamin C (mg): 58mg
Vitamin A (i.u.): 57139IU
Vitamin A (r.e.): 5712RE

Vitamin B6 (mg): .4mg
Vitamin B12 (mcg): 0mcg
Thiamin B1 (mg): 2.1mg
Riboflavin B2 (mg): .5mg
Folacin (mcg): 100mcg
Niacin (mg): 3mg
Caffeine (mg): 0mg
Alcohol (kcal): 112
% Deficient: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 6
Fruit: 1/2
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 387 **Calories from Fat:** 126

% Daily Values*

Total Fat	10g	15%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	5644mg	235%
Total Carbohydrates	38g	13%
Dietary Fiber	9g	35%
Protein	8g	
Vitamin A		1143%
Vitamin C		96%
Calcium		15%
Iron		33%

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