Sweet Sherry Sauce

Step-By-Step Sauces
Salamander Books Ltd. - London, England

Yield: 50 1/2 cups

5 teaspoons cornflour
1 1/4 cups semi-skimmed milk
5 teaspoons caster sugar
9 teaspoons sweet sherry

In a bowl, blend the cornflour with two tablespoons of milk until smooth.

In a saucepan, bring the remaining milk slowly to a boil.

Remove the pan from the heat and pour the hot milk onto the cornflour mixture, stirring. Return the mixture to the saucepan. Reheat gently until the mixture thickens, stirring continuously.

Remove the pan from the heat. Stir in the sugar and sherry, mixing well.

Reheat the sauce gentlt before serving.

Serve with steamed or baked fruit puddings.

Per Serving (excluding unknown items): 60 Calories; 0g Fat (0.0% calories from fat); trace Protein; 3g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: .

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	60	**Vitamin B6 (mg):**	0mg
% Calories from Fat:	0.0%	**Vitamin B12 (mcg):**	0mcg
% Calories from Carbohydrates:	96.2%	**Thiamin B1 (mg):**	0mg
% Calories from Protein:	3.8%	**Riboflavin B2 (mg):**	0mg
Total Fat (g):	0g	**Folacin (mcg):**	0mcg
Saturated Fat (g):	0g	**Niacin (mg):**	trace
Monounsaturated Fat (g):	0g	**Caffeine (mg):**	0mg

Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	3g
Dietary Fiber (g):	0g
Protein (g):	trace
Sodium (mg):	6mg
Potassium (mg):	49mg
Calcium (mg):	3mg
Iron (mg):	trace
Zinc (mg):	0mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Alcohol (kcal):	60
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 60	Calories from Fat: 0

	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrates 3g	1%
Dietary Fiber 0g	0%
Protein trace	

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	1%

Percent Daily Values are based on a 2000 calorie diet.