

# Barbecue Sauce

*Step-By-Step Sauces*

*Salamander Books Ltd. - London, England*

## **Yield: 1 3/4**

*2 cloves garlic*  
*1 can (8 ounce) pineapple in fruit juice*  
*1 can (8 ounce) chopped tomatoes*  
*3 tablespoons cider vinegar*  
*6 teaspoons soft brown sugar*  
*6 teaspoons mango chutney*  
*2 teaspoons Worcestershire sauce*  
*1/2 teaspoon smooth mustard*  
*1/2 teaspoon mixed spice*  
*few drops Tabasco sauce*  
*salt (to taste)*  
*pepper (to taste)*  
*3 teaspoons cornflour*

Peel and crush the garlic cloves. Chop the pineapple roughly.

Place the garlic and pineapple in a saucepan with the tomatoes, vinegar, sugar, chutney, Worcestershire, mustard, mixed spice, Tabasco, salt and pepper. Mix well. Bring slowly to a boil. Cover and simmer gently for 10 minutes, stirring occasionally. Remove the pan from the heat and set aside to cool.

Once cool, puree' the sauce in a blender or food processor until smooth. Return the sauce to a saucepan.

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

Serve with barbecued or grilled meats such as steaks, chops or chicken portions.

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Per Serving (excluding unknown items): 127 Calories; 1g Fat (3.5% calories from fat); 2g Protein; 32g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 118mg Sodium. Exchanges: 1 1/2 Vegetable; 1 1/2 Fruit; 1/2 Other Carbohydrates.

Sauces and Condiments

## **Per Serving Nutritional Analysis**

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<b>Calories (kcal):</b>	127	<b>Vitamin B6 (mg):</b>	.2mg
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