

# BlackCurrant Sauce

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

**Yield: 2 cups**  
*8 ounces blackcurrants*  
*9 teaspoons clear honey*  
*6 teaspoons blackcurrant liqueur*  
*(such as Cassis)*  
*1 teaspoon arrowroot*

Top and tail the blackcurrants. Place in a saucepan with the honey and four tablespoons of water. Cover and cook the mixture gently until the blackcurrants are soft, stirring occasionally.

Remove the pan from the heat. Stir in the blackcurrant liqueur.

In a small bowl, blend the arrowroot with one tablespoon of water until smooth. Stir the arrowroot mixture into the blackcurrants. Mix well.

Bring slowly to a boil, stirring continuously, until the sauce thickens.

Serve hot or cold with frozen yogurt or fresh fruit such as figs.

Per Serving (excluding unknown items): 10 Calories; trace Fat (0.2% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch).

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	10	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.4%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.3%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	0mg

**Monounsaturated Fat (g):** 0g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 2g  
**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** trace  
**Potassium (mg):** trace  
**Calcium (mg):** 1mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0.00%

## 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** 10 **Calories from Fat:** 0

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	trace	0%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	trace	0%
<b>Protein</b>	trace	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		0%
<b>Iron</b>		0%

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