

Brandy Sauce

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

Yield: 1 1/4 cups

6 teaspoons cornflour
1 1/4 cups semi-skimmed milk
6 teaspoons caster sugar
9 teaspoons brandy

In a bowl, blend the cornflour with two tablespoons of milk until smooth. Place the remaining milk in a saucepan and bring slowly to a boil.

Pour the hot milk onto the cornflour mixture, whisking. Return the sauce to the saucepan and bring slowly to a boil, stirring continuously, until the sauce thickens. Simmer gently for 3 minutes.

Remove the pan from the heat. Stir in the sugar and brandy. Reheat the sauce gently.

Serve with Christmas pudding or mince pies.

Per Serving (excluding unknown items): 102 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: .

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	102	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	102
Cholesterol (mg):	0mg	% Refuse:	0.0%

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

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	102	Calories from Fat: 0
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% Daily Values*

Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

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