

Cumberland Sauce

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

Yield: 2 1/4 cups

juice of one orange
juice of one lemon
rind of one orange, finely grated
rind of one lemon, finely grated
12 teaspoons redcurrant jelly
2 tablespoons red wine vinegar
1 teaspoon smooth mustard
salt (to taste)
pepper (to taste)
3 teaspoons cornflour
12 teaspoons ruby port

In a bowl, place the orange rind and juice, lemon rind and juice, redcurrant jelly, red wine vinegar, mustard, salt, pepper and four tablespoons of water. Mix well.

Pour the mixture into a saucepan. Bring slowly to a bowl, stirring. Cover and simmer for 5 minutes, stirring occasionally.

In a small bowl, blend the cornflour with one tablespoon of water and the port. Stir the cornflour mixture into the sauce, mixing well.

Bring slowly to a boil, stirring continuously, until the mixture thickens. Simmer gently for 3 minutes.

Remove the pan from the heat and adjust the seasoning before serving.

Serve hot or cold with ham, pork, game or offal.

Per Serving (excluding unknown items): 4 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 2g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	4	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	100.0%	Thiamin B1 (mg):	0mg

% Calories from Protein:	0.0%
Total Fat (g):	0g
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	2g
Dietary Fiber (g):	0g
Protein (g):	0g
Sodium (mg):	trace
Potassium (mg):	30mg
Calcium (mg):	2mg
Iron (mg):	trace
Zinc (mg):	0mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Riboflavin B2 (mg):	0mg
Folacin (mcg):	0mcg
Niacin (mg):	0mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	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	4	Calories from Fat: 0
----------	---	----------------------

% Daily Values*

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

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