

Recipe No. 37/2013

Berry Coulis

Coulis or cullis was originally a term used for the juices which run out of cooked meat but now refers to a sauce made from fruit or vegetable puree, a gravy made from meat juices or pureed shellfish. We have chosen to make our fruit coulis a little chunky but you may puree it longer.

Serves: 8-10

Preparation time: 2 minutes

Cooking time: 8 minutes

Ingredients

400g frozen or fresh berries
40g sugar
20g water
Juice of ½ medium lemon

Method

- Place all ingredients into TM bowl. Cook **8 min/90°C/speed 2**.
- Blend **10 sec/speed 7**.
- Allow to cool or serve slightly warm. Will thicken on cooling.
- Serve with poached pears, Pavlova, creamy vanilla ice cream, home-made plain yoghurt or as a cake filling.
- Store in the refrigerator for a few days or freeze.

Cook's notes

- You may use other fruits such as apple, bananas, or mangoes. Cooking time is dependent on the fruit used.
- Sugar is optional and quantities may also be altered.
- More water may be required for fresh fruit.



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