



With its delicate sage and rosemary flavour, Keto Bergamot Sauce is ideal to serve with roast pork. It makes an interesting alternative to the traditional apple sauce.

Servings - 4

Prep Time - 10 Mins | Cook Time - 15 Mins | Total Time - 25 Mins

Difficulty - Easy



Cuisine - French

RECIPE

KETO BERGAMOT SAUCE

EQUIPMENT

[Cup and Spoon Measures](#)

[Medium Frying Pan](#)

[Turner Spatula](#)

[Wooden Spoon](#)

[Gravy Boat](#)

INGREDIENTS

30 g Unsalted butter (For Gluten-Free use margarine)

2 shallots, finely chopped

[15 g FHALL Low Carb Gluten-Free White Flour](#)

[1/2 Cup Dry White Wine](#)

Juice of 1/2 lemon

[2 Tsp Bergamot Juice](#)

[1/2 Tsp Sea Salt, Flakes](#)

[1/4 Tsp White Pepper \(ground\)](#)

METHOD

In a medium-sized frying pan, melt the butter over moderate heat. When the foam subsides, add the chopped shallots.

Fry for 4 to 5 minutes, or until the shallots are soft but not brown.

Add the flour, stir with a wooden spoon, and cook for 2 to 3 minutes until the fat and flour are blended.

Slowly add the wine and lemon juice, stirring a little at a time. When the sauce has thickened slightly, stir in the bergamot juice, salt and pepper. Cook the sauce for 2 to 3 minutes.

Pour into a warmed gravy or sauce boat and serve at once.

SERVING SUGGESTIONS

Delicious with duck and pork tenderloin.

STORAGE

Store in an airtight container in the fridge for up to 2 months.

NUTRITION FACTS

Per serving : 51 g | Calories 76 | Protein 1.3 g | Fat 6.2 g | Carbs 3.3 g | Fiber 1.5 g
Net Carbs : 1.8 g

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