

Basic Fruit Coulis

Ingredients:

1 cup fruit such as berries, peaches, melons, persimmons, etc.

2 Tablespoons sweetener (honey, maple syrup, etc.) (add more to taste, tart fruit, or with significant addition of tart juices)

2 Tablespoons water (adjust according to the juiciness of your fruit)

2 Tablespoons citrus juice, other fruit juice, or wine (optional)

½ teaspoon extract, such as vanilla, almond, etc. (optional)

Directions:

1. Remove fuzzy skin, large seeds, and/or thick rinds from fruit. Small seeds and thin, smooth skins are fine.
2. Process fruit with the rest of the ingredients in a blender, food processor, or with an immersion blender. Add water as needed to blend. Taste and adjust sweetener and optional flavors.
3. Pour into a food mill or mesh strainer to separate sauce from solids. This can end up being the longest part of the process.
4. Serve immediately or chill until serving.