

BERRIES



Savoury Raspberry sauce

- 12 ounces fresh raspberries
- 2 tablespoons fresh mint
- 5 fluid ounces stock [vegetable / chicken/ fish]
- 2 tablespoons dry sherry
- 4 teaspoons honey
- 1 teasp cornflour [mixed with tablespoon of cold water]

Place berries, mint, stock and sherry in a small saucepan, simmer for a few minutes. Liquidize or whisk mixture. Sieve to remove seeds, add honey and cornflour and place back on the heat, simmer for a few minutes. The sauce will thicken slightly.

Any berry may be used in this sauce or even a mixture of blueberries, raspberries, blackberries and strawberries.

This is a great sauce with lamb cutlets, chicken, Duck, Turkey, Salmon, fleshy white fish [cod, hake]. The mint can be replaced by other herbs.....basil, tarragon, dill

When using a berry sauce only a small amount is needed for each serving.

Berry sauce is also great with cheese.....Brie, Goats cheese.

Mixed Berry Mille Feuilles

- 1 pkt frozen puff pastry [thawed]
- Mixed blueberries, strawberries, raspberries blackberries
- 1 pint fresh cream
- 1 teaspoon vanilla essence
- 1 Tablespoon Icing sugar

Roll out the puff pastry to 1/4 inch thick

Cut sheet of pastry in 3 strips

Place parchment / greaseproof paper on a baking sheet

Sieve icing sugar on to puff pastry. This will give the baked pastry a nice ' glaze'

Bake in a hot oven [200/400] until golden . Place on wire rack to cool

Whip cream and vanilla

Spread 1/3 of the cream on one sheet of pastry. Put 1/3 of the berries along the cream.

Place second sheet of pastry on top of thismore cream and berries then 3rd sheet of pastry.

Top with remaining cream and berries, dust with icing sugar

This dessert is best eaten on the day it is made.....so enjoy

For a great breakfast try french toast with mixed berries, Blueberry pancakes, Omelette folded over berries served with creme fraiche.