

## **Coulis**

Coulis (pron: /, coo-LEE”) is a form of thick sauce made from strained fruits. Most commonly used on desserts.

### **Ingredients**

2 ½ cups fresh fruit (berries work best)

¼ cup granulated sugar

1 teaspoon fresh lemon juice

Fresh fruit for garnish

### **Directions**

Puree fruit with sugar and lemon juice in blender or food processor.

Pour mixture through a fine strainer into a bowl pressing out solids.

Coulis can be used a base on the plate or as a topping. Garnish with fruit.

Save in the refrigerator covered up to three days.

### **Variations**

Boil to loosen seeds.

Add additional fruit.

Substitute 2 tablespoons honey for sugar.

Use simple syrup or maple syrup.

Exchange balsamic vinegar or sweet wine for lemon juice.

Use orange or lime juice.

Add ground cinnamon, nutmeg or ginger.

Add 1 teaspoon vanilla.