
Fresh Strawberry Sauce

My own recipe.



Servings: 12

1. Place sliced strawberries into a saucepan. Add sugar and lemon juice. The amount of sugar needed will depend on how ripe the berries are - riper the berries = less sugar.
2. Bring mixture to a simmer and stir occasionally as it cooks and the strawberries soften, about 4-8 minutes. Do not overcook or the berries will soften to a mush. That's not the texture you want - just cooked through, barely. Taste for more sugar or lemon juice, as needed.
3. Set aside to cool.
4. Add balsamic vinegar and stir well. You do not want the balsamic vinegar flavor to predominate - it's there just to add a nuance. Allow to cool completely and chill. Freezes well.

1 pound fresh strawberries, cleaned, dried with paper towels, stemmed, then sliced thickly
2 tablespoons sugar, or monkfruit sweetener, or other artificial sweetener
2 tablespoons fresh lemon juice
1 1/2 teaspoons balsamic vinegar, or more to taste

Per Serving (excluding unknown items): 21 Calories; trace Fat (4.6% calories from fat); trace Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium; 4g Total Sugars; 0mcg Vitamin D; 6mg Calcium; trace Iron; 61mg Potassium; 9mg Phosphorus. Exchanges: 0 Grain(Starch).

Carolyn T's Blog: tastingspoons.com