



The Edible Garden

Recipe featured at Garden-to-Table weekend featuring berries, July 3

Simple Berry Sauce

By: Alissa Dicker Schreiber, Cooking instructor, food writer, and founder of The Kitchenista website

Makes about 1 ½ cups of sauce, enough to top at least 4 desserts

Ingredients

4 cups of assorted berries (strawberries, raspberries, blueberries, blackberries, etc.; about 2 pints total)
1-2 tablespoons sugar, or to taste

Instructions

- Gently place your berries in a colander and rinse them under a gentle stream of cool running water. If using strawberries, trim off the tops. (You can either discard the tops or use them to make strawberry tea; see Notes for details.)
- Place the berries in a medium saucepan and add the sugar. If desired, you can start off with just one tablespoon of sugar, and (carefully) taste the sauce as it cooks to see if it needs more sugar. (You can also make the sauce using no sugar at all.) Place the saucepan full of berries on your stove and cook over medium-high heat. The berries will quickly begin to give off their juices, and you'll notice a deep red-purple liquid forming in the pan. Let the berries continue to simmer in this liquid until the berries are tender (many will dissolve completely) and the liquid has thickened to a slightly syrupy consistency. This usually takes about 20 minutes. (As the sauce cooks, you can dip a spoon into it and taste to see if the sauce needs more sugar. Be careful though, as the sauce is quite hot; allow the sauce to cool slightly before you taste it.)
- Serve and enjoy! If using as a topping for ice cream, you may want to let the berry sauce cool slightly first, so as not to melt the ice cream.

Note: This recipe can be made using fresh or frozen berries.

For a thinner consistency, let the berries simmer for only 10-15 minutes. For a thicker, jam-like consistency, cook the sauce a little longer than 20 minutes, or until it reaches you're the thickness you desire.

You can use your trimmed-off strawberry tops to make tea! Place them in a bowl or container, along with several stalks of mint or lemon basil. Boil some water and then pour enough of the boiling water into the bowl with the strawberry scraps. You want to add enough boiling water to cover the strawberry scraps by a few inches. Allow the tea to steep for several minutes, or until you

think it is flavorful enough. (The liquid will turn red!) Strain to remove the herbs and strawberry pieces. Serve iced.

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