

Pineapple Sauce



Preparation:

1. Place the pineapple, lemon and orange juices with the sugar and corn flour into the Vita-Prep 3 container.
2. Select Variable Speed 1. Turn the machine on and slowly increase speed to Variable 6. Blend until smooth.
3. Pour into a sauce pan and bring to a simmer. Cook for 3 minutes.
4. Place the sauce back into the container and add the drained pineapple.
5. Select Variable Speed 1. Turn machine on and slowly increase the speed to 10, then switch to high for 15 seconds to blend.
6. Return to Variable Speed 1 and add the liqueur if required. Strain and chill before use.

Ingredients:

450 grams (16 ounces)
tinned pineapple - drained
1 orange - zested and juiced
12 grams (.45 ounces) or
2 teaspoons lemon juice
30 grams (1.10 ounces)
caster sugar
11 grams (0.40 ounces)
corn flour
2 Tablespoons Contreau
(optional)