

Raspberry Coulis



Plan Z Phase: This is a Z2 (ZReduction) recipe. Raspberry coulis is often used by dessert chefs to decorate your dessert at a restaurant. They put a swirl of it on your plate or maybe drizzle it over the top of the dessert. You can be fancy or plain as you wish. Once you're in ZReboot try it with a dessert like almond pound cake. It will also be great over vanilla ice cream.

Servings: This makes enough for several desserts depending on how much you want as a portion. I usually serve 1 – 2 Tbl as a portion. You can also easily double this recipe for a crowd. It keeps for about a week covered in a container in the fridge.

Ingredients:

- 1 pint of ripe raspberries
- $\frac{1}{4}$ cup of water
- 2 tsp of vanilla
- 1 – 2 tsp of stevia liquid sweetener. Or you can use granular. The amount you use just depends on how sweet you want your coulis. I try to use less if possible.

Instructions:

In a small saucepan add the water and the raspberries. Turn the heat to medium or medium-high. You want to get it bubbling. Break up the raspberries with a spoon so they break down into mush as it cooks. When it's all hot, bubbly and mushy take it off the heat and add the flavorings. Stir. Taste to see if it's sweet enough for you. Don't burn your mouth. Just taste a bit on your finger. Adjust sweetness if necessary. Leaving it a bit tart doesn't hurt either!

If you have a mesh strainer most folks will strain this to get the seeds out. Just pour it in a strainer in two batches. Press on the sides with the back of a spoon to force the strained liquid through the mesh and into a bowl. The seeds will be left in the strainer. Toss those.

This is not a necessary step. The sauce is perfectly fine with the seeds still in it. It's just an extra step to make it totally smooth.

Enjoy!

Cheers,