

## **Fruit Sauces and Berry Sauces**

### **Blueberry Sauce**

Craig Claiborne, *The New York Times Cook Book* (New York: Harper and Row, 1961), p. 612

Contributed by Diane Wolford Sheppard

Water

¼ cup sugar

1 tablespoon lemon juice

1 teaspoon cornstarch

1 cup blueberries

1. Bring ¾ cup water and the sugar to boil and stir until the sugar has dissolved. Add the lemon juice.
2. Mix the cornstarch with one tablespoon water and add, stirring, to the syrup. Cook, stirring, one minute.
3. Add the blueberries and cook one-half minute. Serve warm. About 2 cups.

### **Blueberry Sauce**

*Better Homes and Gardens New Cook Book* (New York: Meredith Press, 1970, third printing), p. 163

Contributed by Diane Wolford Sheppard

In saucepan, combine 1 cup sugar, 2 tablespoons cornstarch, ¼ teaspoon nutmeg, and dash salt; gradually stir in 1 cup boiling water. Cook and stir till mixture thickens and boils; cook two minutes more. Add 2 cups fresh blueberries\*; return to boiling. Remove from heat; stir in 3 tablespoons lemon juice; cool. Makes 3 cups.

\*You can substitute one 10-ounce package frozen unsweetened blueberries, thawed, and drained. Increase cornstarch to 3 tablespoons. Stir in blueberries with lemon juice. Do not heat after adding berries.

### **Cherry Sauce**

Craig Claiborne, *The New York Times Cook Book* (New York: Harper and Row, 1961), p. 613

Contributed by Diane Wolford Sheppard

1 pound sweet cherries, pitted

½ cup water

1/3 to ½ cup white corn syrup or sugar

1 tablespoon cornstarch

Lemon juice

Kirsch, cognac, sherry, or cherry liqueur (optional)

1. Place the cherries, ¼ cup of the water and the syrup in a saucepan and bring to a boil.
2. Blend the cornstarch with the remaining water and add, stirring, to the cherries. Cook, stirring, until clear or about one minute.
3. Add lemon juice and kirsch to taste. Serve warm or cold over puddings or ice cream. About 2 ½ cups.

Note: the sauce may be stored in the refrigerator.

### **Cherry Sauce**

*The Good Housekeeping Illustrated Cookbook* (New York: Hearst Books, 1989, revised edition), p. 464  
Contributed by Diane Wolford Sheppard

2/3 cup boiling water  
¼ cup sugar  
1 pound sweet cherries, pitted

In 2-quart saucepan over medium heat, in boiling water, heat cherries to boiling. Reduce heat to low; cover and simmer 5 minutes until tender. During last minute of cooking, add sugar. Serve over cheese blintzes, waffles, pancakes, and crêpes.

### **Cherry Sauce**

*Better Homes and Gardens New Cook Book* (New York: Meredith Press, 1970, third printing), p. 172.  
Contributed by Diane Wolford Sheppard

Combine ¾ cup sugar, 2 tablespoons cornstarch, and dash salt. Stir in one 1-pound 4-ounce can pitted tart red cherries with juice. Cook quickly, stirring constantly till thick and bubbly. Reduce heat; cook 1 minute. Add 10 drops red food coloring. Serve warm. Makes 2 ¾ cups.

### **Fresh Raspberry Sauce**

Craig Claiborne, *The New York Times Cook Book* (New York: Harper and Row, 1961), p. 616  
Contributed by Diane Wolford Sheppard

2 cups raspberries  
½ cup sugar, approximately  
1 tablespoon cornstarch  
1 tablespoon lemon juice  
1 tablespoon cognac

1. Mix the raspberries with the sugar and heat, stirring frequently, to a boil. Strain and more sugar if desired.
2. Mix the cornstarch with two tablespoons of cooled raspberry juice. Heat the remaining juice to a boil, stir in the cornstarch and cook, stirring, until thickened.
3. Cool and add the lemon juice and cognac. Serve over vanilla ice cream. About 2 cups.

### **Crimson Raspberry Sauce**

*Better Homes and Gardens New Cook Book* (New York: Meredith Press, 1970, third printing), p. 172  
Contributed by Diane Wolford Sheppard

Thaw and crush one 10-ounce package frozen raspberries. Combine with 1 tablespoon cornstarch. Add ½ cup currant jelly. Cook and stir till bubbly; cook 1 minute. Strain; cool. Makes 1 ¼ cups.

### **Strawberry Sauce**

Craig Claiborne, *The New York Times Cook Book* (New York: Harper and Row, 1961), p. 616  
Contributed by Diane Wolford Sheppard

2 cups fresh or defrosted frozen strawberries  
½ cup sugar  
½ cup water  
Kirsch, Grand Marnier, or cognac

1. Rub the strawberries through a fine sieve or squeeze through cheesecloth wrung out in cold water. Discard the pulp.
2. Combine the sugar and water in a saucepan and bring to a boil. Reduce the heat and simmer gently five minutes.
3. Combine the sugar syrup with the sieved strawberries and flavor with Kirsch, Grand Marnier, or cognac. Chill well. About 2 cups.

### **Brandied Strawberry Sauce**

*The Good Housekeeping Illustrated Cookbook* (New York: Hearst Books, 1989, revised edition), p. 465

Contributed by Diane Wolford Sheppard

3 10-ounce packages frozen, sliced strawberries, thawed  
½ cup red currant jelly  
1 tablespoon cornstarch  
Few drops red food color  
¼ cup brandy

1. Drain strawberries, reserving ½ cup juice.
2. In 2-quart saucepan over low heat, melt currant jelly, stirring constantly.
3. In small bowl, mix reserved juice and cornstarch until smooth. Gradually stir cornstarch mixture into melted jelly, stirring constantly, increase heat to medium, and stir until thickened, stirring.
4. Add food color; stir in berries and brandy. Serve hot over rolled crêpes, waffles, or cover and refrigerate to serve cold over ice cream, vanilla, or tapioca pudding.