

Fruit Sauce

This light fruit dessert is delicious when eaten as is. It can also be used to dress up other simple desserts. It makes a great topping for vanilla or lemon pudding, pies or tarts with a vanilla-pudding base, shortcake, vanilla cake, pancakes, and waffles. This fruit sauce is a scrumptious filling for crepes.

Combine juice, rice malt, and salt in a saucepan. Add fruit (if appropriate) and bring to a simmer, uncovered, over medium heat. Remove from heat. Thoroughly dissolve kuzu or arrowroot in 2 tablespoons cool water and add to fruit mixture while stirring briskly. Place over medium-low heat and stir constantly until mixture returns to a simmer and thickens. If using fruit that does not require cooking, place fruit in a ceramic or glass bowl and pour the hot liquid over it. Mix gently and cool in refrigerator. If fruit is already mixed in, transfer contents of the pot to a bowl and cool. The sauce will thicken as it cools. Refrigerated in a covered container, this fruit sauce will keep for several days.

Preparation List:

Makes about 3 cups

- 1 cup apple juice
- 1/3-1/2 cup rice malt use smaller amount with sweet fruits, larger amount with tart ones)
- Pinch sea salt
- 2½ cups sliced or whole fresh fruit (strawberries, blueberries, raspberries, nectarines, pitted cherries, etc.)*
- 2 tablespoons crushed kuzu

*Cut larger fruits into small bite-sized pieces. Delicate, tender fruits such as strawberries and raspberries should not be cooked. Ripe nectarines do not need cooking, but firmer fruits such as blueberries, cherries, and apples should be simmered with the juice.