

Peppercorn Sauce

Ingredients

125 mls of chilled whipping cream made using Prozero milk (See recipe in cream recipes)

1 teaspoon of oil

1-1 ½ teaspoons of crushed peppercorns

2 tablespoons of Brandy (optional)

20 mls of water

Salt to season

Method

1. Place the Prozero whipping cream into a small jug or cup and stir in the water.
2. Place a small saucepan onto a medium heat and add the oil and then the peppercorns. Do not stir, just leave for about 30 seconds to get hot.
3. Carefully add the Brandy, it should flame, so take care.
4. As soon as the flame dies, turn the heat right down and add the Prozero cream in mixture and stir to make a sauce.
5. Season with a little salt. Do not overheat. Serve straight away.

This sauce is great to serve with low protein burgers. It is also delicious to serve with sauteéd mushrooms.

Taken from Quick 'n' Easy recipe Prozero Booklet by Vitaflo