

MINT SAUCE

ingredients:

1/3 cup sugar – I used fructose

3 tablespoons water

couple of turns of freshly ground black pepper

2 tablespoons malt vinegar

½ cup finely chopped mint

method:

place the sugar and the water into a small sauce pan and place on a low heat

stir while the sugar dissolves and then bring to the boil

reduce the heat and simmer for 3 minutes without stirring

grind in the pepper, add the vinegar and stir in the mint

cover and leave for 10 minutes before serving

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