



SWEET & SOUR GLAZE

INGREDIENTS

- 125 g (4.4 oz) raw sugar or coconut sugar
- 10 ml (0.34 fl oz) white wine vinegar
- 50 ml (1.7 fl oz) water

METHOD

Pour the sugar into a small saucepan and add the vinegar and water. Heat over medium heat until the mixture begins to bubble and thicken, stirring occasionally. This should take no more than 5 minutes. Once the glaze has thickened, immediately remove the saucepan from the heat. (You can reheat the sauce over the stove just before using).

That's it—your glaze is ready to drizzle over pulled pork or slow-cooked lamb, or you can use it as a base for creating delicious variations.

GLAZE VARIATIONS

Orange and Lemon Glaze:

- Juice of 2 oranges
- Juice of 1 lemon
- 1 1/2 tsp sweet and sour glaze

Method: Add the orange and lemon juice plus the glaze in a saucepan and reduce until syrupy. The glaze can be brushed over duck breast after frying or grilling.

SWEET & SOUR GLAZE

Mint-Flavored Glaze:

Perfect for slow-cooked lamb.

Method: Add 1 tablespoon of chopped mint to the glaze while still warm then leave to rest for 15 minutes to infuse when ready to serve. Filter the glaze through a sieve to discard the mint. If the glaze has cooled you can warm it up a little before filtering.

Port and Orange Glaze:

- 100 ml (3.4 fl oz) ruby port wine
- Juice of 1 orange
- Juice of 1/2 a lemon
- 3 tsp sweet and sour glaze

Method: Add the port wine, orange and lemon juice. Bring to a light boil then lower the heat and reduce until syrupy. This version works well drizzled over prime beef cuts such as filet steak (chateaubriand).