

BRANDY SAUCE

A low-fat version of this popular Christmas Pudding accompaniment.

Makes 600ml (1 pint)

Per 600ml (1 pint) 386 calories, 0.9g fat

Preparation time 5 minutes

Cooking time 15 minutes

INGREDIENTS

600ml (1 pint) skimmed milk

3 drops almond essence

2 tbsps cornflour

artificial sweetener

3 tbsps brandy

METHOD

1. Heat all but 4 tbsps of the milk with the almond essence until almost boiling and remove from the heat.
2. Mix the cornflour and remaining cold milk thoroughly and slowly pour it into the hot milk, stirring continuously until the mixture begins to thicken.
3. Return the pan to the heat and bring the mixture to the boil. Continue to cook, stirring all the time. If the consistency is too thin, mix some more cornflour with cold milk and add it slowly until you achieve the consistency of custard. Sweeten to taste.
4. Add the brandy a few drops at a time and stir well. Place in a serving jug, cover and keep warm until ready to serve.

