

BREAD SAUCE

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

Serves 8

Per serving 41 calories, 0.2g fat

Preparation time 10 minutes

Cooking time 25 minutes

INGREDIENTS

300ml (1½ pint) semi-skimmed milk
1 small onion, chopped
3 cloves
1 bay leaf
6 - 8 tbsps fresh breadcrumbs
salt and freshly ground black pepper

METHOD

1. Slowly bring the milk to the boil and add the chopped onion, cloves and bay leaf.
2. Remove from the heat, cover the pan and leave on one side for 15 - 20 minutes to allow the flavours to infuse.
3. When infused, remove the cloves and bay leaf, add the breadcrumbs and black pepper and return to the heat, stirring gently until the mixture comes to the boil. Season with salt and black pepper.
4. Remove from the heat and place in a small covered serving dish (a small bowl covered with aluminium foil would work just as well). Keep warm until ready to serve.

