

# GASTRIQUE

A sauce base to which other ingredients (including fruit) can be added to form a sauce

It is often used to create a sweet & sour sauce **OR** served with meat or fish

It is a reduction of vinegar & sugar that is caramelized by heating it  
& then stock or tomato sauce is added

## MERLOT GASTRIQUE

See note below the recipe for a variety of healthier options for sugar

### INGREDIENTS

2 T	Sugar
4 T	Water
2 T	Balsamic vinegar
1/4 C	Shallots (finely chopped)
1/2 C	Merlot or other dry red wine
1 C	Beef broth <b>OR</b> Tomato sauce <b>OR</b> Vegetable broth
1 t	Cornstarch

### COOKING INSTRUCTIONS

- 1 Bring sugar and 2 of the 4 tablespoons water to a boil in a 1-quart heavy saucepan
- 2 Stir until sugar is dissolved
- 3 Boil but stir often until mixture is a golden caramel (approx. 5 minutes)
- 4 Remove from heat
- 5 Carefully add vinegar, shallots & swirl pan over low heat until caramel is dissolved (about 1 minute)
- 6 Stir in wine & boil until reduced to about 1/4 cup (about 5 minutes)
- 7 Add beef broth and boil until reduced to about 1 cup (about 8 minutes)
- 8 Whisk together cornstarch & remaining 2 tablespoons water
- 9 Continue whisking until blended into sauce
- 10 When it starts to boil whisk again (1 minute)
- 11 Season sauce with salt and pepper
- 12 Keep warm & covered

#### SUGAR SUBSTITUTES

Splenda  
Truvia