

Caramelized Leek Sauce

Quick and easy - takes about 10 minutes

This delicious chunky sauce is ideal for meat or potato dishes - think Christmas turkey, lamb or Potato Pesto Pizza, or make your own stir-fries using this sweet, flavoursome sauce.

INGREDIENTS

- 1 tablespoon rice bran oil (it's low salicylate, see notes)
- 1 small leek, green part removed
- 1-2 tablespoons rice malt syrup or real maple syrup (to taste)
- Quality sea salt to taste

METHOD

Heat the oil in a saucepan on medium heat (or use a tablespoon of water).

Finely chop the white parts and palest green parts of the leek and sauté the leek until very soft and slightly golden.

Add the syrup and sea salt to taste and cook on low heat for another few minutes until sticky and golden.

Enjoy!

Notes: It can be made either sweet or savoury, depending on your tastes, just leave out the syrup and add fresh garlic - it will be less of a sauce but delicious all the same.

Rice bran oil: If you are sensitive to oils, use water instead.