

Wojapi (Berry Sauce)

INGREDIENTS: 2lb bag of frozen triple berry mix, ½ cup maple syrup, ¼ cup water, lemon zest of ½ lemon, juice of quarter of a lemon, ½ Tablespoon vanilla extract, pinch of salt, ½ layer of cinnamon bark.

SUPPLIES: Pot, spatula, masher or immersion blender, zester, mesh strainer, freezer bags.

NOTE: *This recipe makes more than enough sauce, I like to freeze about half and keep it in stock in the freezer.*

DIRECTIONS:

1. Wash the lemon.
2. Put berries in pot and add water to cover the bottom of pot. Add the cinnamon bark.
Heat over low flame.
3. Zest the lemon, let the shavings fall into the pot.
4. Slice the lemon and juice it over the strainer, into the pot, using the strainer to catch any seeds.
5. Add maple syrup and a pinch of salt. Sweeten to taste.
6. Stir frequently with spatula, scraping down sides of the pot as you stir.
7. Begin to mash berries with your spoon. If using an immersion blender, take caution to not splatter yourself or others with the hot compote.
8. Cook until the berries are cooked well through and broken down and they become a thickened sauce. Be careful not to let them scorch as the water cooks off.

**To make this sauce a “coulis”, simply strain the seeds out and allow to thicken slightly over low-medium heat.*

Feel free to inquire about recipes by emailing vanessa@dreamofwildhealth.org