

Balsamic Blueberry Sauce

This is a very close adaptation of Jessica Goldman Fong's balsamic blueberry steak sauce from *Sodium Girl's Limitless Low-Sodium Cookbook* (Houghton Mifflin Harcourt, 2013). All ingredients and quantities are hers; I've simply adapted the technique and hit it with some lemon.

This sauce partners beautifully with lamb meatballs (or kofte), or any kind of cheeseless meatball for that matter. (Jess has a pork and quinoa meatball in her book that looks great.)

Makes 1- to 1-1/2 cups sauce

1 teaspoon olive oil
2 garlic cloves, minced
1/4 onion, diced (she uses Vidalia; I used a yellow Spanish onion)
6 tablespoons balsamic (not the fancy kind)
2 tablespoons dark brown sugar
4 teaspoons honey
2 teaspoons molasses
2 cups blueberries (I used frozen, unthawed)
Lemon juice, to brighten at the end

In a small saucepan, sauté the garlic and onion over medium heat until softened, about 5 minutes. Stir in all the remaining ingredients.

Bring the sauce to a boil. Reduce heat to very low, cover partly, and simmer gently for about 10 minutes. Uncover, raise heat, and let bubble vigorously until the sauce just starts to thicken and the berries are easy to mash with a potato masher, about 12 minutes, stirring frequently so the sauce doesn't scorch. Remove from the heat.

At this point, I squeezed in a few drops of fresh lemon juice to brighten all the flavors. I also pureed the sauce right in the pot with an immersion blender. Do this very carefully. (Depending on the size of your pot, the sauce level may be too low for you to do this successfully and safely.) Please do not let it splash on you.

Allow the sauce to cool for a good 15 minutes, or longer, before serving. As it cools, it sets up and jells, much like a jam. Then you can enjoy it at warm room temperature. Otherwise, refrigerate, covered, for a few hours to thicken further.