

**DIRECTORY**  
**DESERT SAUCES**

2. Crème Anglaise, (flavored Crème Anglaise)
3. Bananas Foster Sauce
4. Cherries Jubilee Sauce
5. Chocolate Sauce, (flavored Chocolate Sauces)
6. White Chocolate Sauce (or Almond Bark)
7. Mango Coulis, (other Fruits Coulis)
8. Grilled Pineapple, Rum Raisin.
9. Strawberry Sauce (for Strawberry Shortcake or Cheese Cake)
10. Melba Sauce
11. Whipped Cream (flavored Whipped Creams)
12. Sabayons or Zabaione (flavored Sabayons)
13. Honey Yogurt (flavored Honey Yogurt)
14. Caramel Sauce
15. Balsamic Strawberry (for Mascarpone Cheesecake)
16. Mulled Apple Cider Sauce with Cinnamon.

## **DESERT SAUCES**

### **2. CRÈME ANGLAISE**

#### INGREDIENTS:

Heavy Cream  
Egg Yolks (room Temperature)  
Sugar

Vanilla Bean (split)  
Orange Zest

#### PROCEDURE:

Heat Heavy Cream in a cooking pot over medium heat, don't boil. Add Vanilla Bean and Orange Zest. Wisk Sugar into room temperature Egg Yolks. Reduce heat. Slowly drizzle "sugared" Egg Yolks into heated Cream (wisking vigorously). Simmer to allow sauce to thicken. Strain Before use to remove Zest, Vanilla Bean and Seeds. Dispense from plastic squirt bottle.

\*Flavored Crème Anglaise. Banana is excellent, try Mango for Caribbean Style Deserts. You can cheat and use a little Cornstarch.

## **DESERT SAUCES**

### **3. BANANA'S FOSTER SAUCE**

#### INGREDIENTS:

Bananas (sliced)	Banana Liquor
Butter	Bacardi ISI Rum
Brown Sugar	Cinnamon
Orange (fresh squeezed)	
Lemon (Fresh Squeezed for juice)	

#### PROCEDURE:

Combine Butter and Brown Sugar in cooking pot. Cook on medium heat to melt the Butter and to dissolve the Sugar. Add Banana Slices and sauté. Squeeze fresh Orange and Lemon Juice into sauce. Season with Cinnamon. Add the Rum and Banana Liquor, (flame) off alcohol. Sauce should be emulsified. Serve immediately over Vanilla Ice Cream or with Crepes stuffed with Vanilla (Grand Marnier) Ice Cream. If making "tableside" add Cinnamon while "flaming" for spark effect.

\*See "Compound Butters" for quick sauce alternative. This sauce is one of the classical desert sauces that are usually performed "tableside" and "flamed" dramatically using ISI Rum.

**DESERT SAUCES**  
**4. CHERRIES JUBILEE SAUCE**

*INGREDIENTS:*

Bing Cherries (pitted, canned)	Brandy
Cherry Juice	*Grand Marnier (optional)
Orange Zest	Cornstarch
Sugar	Cinnamon

*PROCEDURE:*

Place Cherry Juice in a cooking pot. Cook over medium heat. Add Sugar to dissolve. Flavor with Orange Zest and Cinnamon. Add Brandy and Grand Marnier (if using). Allow to flame. Wisk Cornstarch/ Water mixture into sauce to thicken. Fold Cherries into sauce. Serve over Vanilla Ice Cream or with Crepes stuffed with Vanilla (Grand Marnier) Ice Cream.

\*This sauce is one of the classical desert sauces that is usually performed “table side” and flamed dramatically using ISI Rum and Cinnamon for sparks. \*See “Compound Butters” for quick sauce alternative.

**DESERT SAUCES**  
**5. CHOCOLATE SAUCE**

*INGREDIENTS:*

Dark Chocolate  
(Block, Bulk)  
Butter

Heavy Cream  
\*Grand Marnier (optional)

*PROCEDURE:*

Using a “double boiler” melt Dark Chocolate with Butter over medium heat. Add Liquor (if using). Wisk heavy cream into melted Chocolate. Serve over Ice Cream. Use to make Ice Cream Sundaes. Use with other deserts. Also use as dipping sauce (Chocolate Fondue) for fresh Fruit Kabobs.

\*A “double Boiler” is not necessary, if in a hurry use a sauté pan over low heat and stir continuously. \*Flavored Chocolate Sauces: Add Crème De Mint, Grand Marnier or Chambard for different variations.

## DESERT SAUCES

### 6. WHITE CHOCOLATE SAUCE

#### INGREDIENTS:

White Chocolate or (Almond Bark)	Heavy Cream
(Block, Bulk)	*Grand Marnier (optional)
Butter	

#### PROCEDURE:

Using a “double boiler” melt White Chocolate (Almond Bark) with Butter over medium heat. Add Liquor (if using). Wisk Heavy Cream into melted Chocolate.

Serve over Ice Cream. Use to make Ice Cream Sundaes. Use with other deserts. Also use as dipping sauce (White Chocolate Fondue) for fresh Fruit Kabobs.

A “double boiler” is not necessary, if in a hurry use a sauté pan over low heat and stir continuously. Flavored Chocolate Sauces: Add Crème De Mint or Grand Marnier or Chambard for different variations. \*Almond Bark is a substitute for White Chocolate.

**DESERT SAUCES**  
**7. MANGO COULIS**

*INGREDIENTS:*

Mango (peeled, seeded and diced)  
Sugar  
Water

\*You can cheat and use a little Cornstarch to thicken. I would do that if I was making a large batch and was “stretching” it with either Mango Juice or Water.

*PROCEDURE:*

Combine diced Mango with Sugar and Water. Cook over medium heat. Cook to make “syrup” as sauce “reduces”. Blend sauce using a food processor. Strain liquid.

Dispense from plastic squirt bottle to “paint” plates for artistic presentations.

Other Fruit Coulis’: (use any fruit) Strawberry is excellent in taste and color for plate presentation.

## DESERT SAUCES

### 8. GRILLED PINEAPPLE, RUM RAISON SAUCE

#### INGREDIENTS:

Pineapple (fresh,  
peeled and sliced)  
Pineapple Juice  
Butter  
Raisons (plumped)

Rum (Appleton's)  
Brown Sugar  
Cinnamon  
Cornstarch

#### PROCEDURE:

Brush Pineapple slices with Butter and Brown Sugar. Grill (for unique flavor). Soak Raisons in Rum to plump. Cook Pineapple Juice over medium heat. Add Brown Sugar to dissolve. Season with Cinnamon. Thicken with Cornstarch/ Water mixture. Dice Grilled Pineapple and add to sauce. Add plumped Raisons. Reduce heat to a simmer.

\*Use as a sauce for Ice Cream, Desert Crepes, Cakes, etc.

**DESERT SAUCES**  
**9. STRAWBERRY SAUCE**

*INGREDIENTS:*

Strawberries (frozen)	Cornstarch
Strawberries (fresh)	*Orange Zest (optional)
Sugar & Water (or use Kayro	*Grand Marnier (optional)
Clear Corn Syrup)	Mint Leaves (fresh, chopped)

\*To make a quick sauce, Strawberry Daiquiri Bar Mix can be used as the base.

*PROCEDURE:*

Process frozen Strawberries using a food processor. Combine processed Strawberries with Sugar and Water in a cooking pot. Cook over medium heat to make a Strawberry “Syrup”. Add Orange Zest, Mint, and Grand Marnier (if using). Thicken with Cornstarch/ Water Mixture. Strain. Allow sauce to cool. Add sliced, fresh Strawberries to sauce.

\*Use for Strawberry Shortcake or Cheesecake.

**DESERT SAUCES**  
**10. MELBA SAUCE**  
**(RASPBERRY)**

*INGREDIENTS:*

Frozen Raspberries  
Orange Zest  
Water  
Sugar

Corn Starch  
Chambard Liquor (optional)

*PROCEDURE:*

Combine Frozen Raspberries, Water, Sugar, and Orange Zest in a cooking pot. Cook over medium heat. Thicken with Cornstarch. Strain (well) using China Cap with small holes to remove Raspberry Seeds. Add Chambard for additional flavor.

Use as a desert sauce with Crepes, Ice Cream, etc. As served with Grand Marnier Savrons at Marriot Hotels. Served “passed” in Silver goose Necks.

**DESERT SAUCES**  
**11. WHIPPED CREAM**

*INGREDIENTS:*

Heavy Whipping Cream  
10x Powdered Sugar  
Vanilla Extract (optional)

*PROCEDURE:*

Combine Heavy Cream and Vanilla Extract (if using) in a chilled mixing bowl. Whip Cream until firm. (Don't over whip) as over whipped cream will take on a "Butter" taste and texture. Use large pastry bag with star tip to dispense decoratively. Make small batches, as fresh Whipped Cream doesn't hold well. It will collapse, separate and become watery and pick up refrigerator smells.

Flavored Whipped Creams: add Grand Marnier, Midori, Frangelica, Dark Rum, etc. to Whipped Cream for alternative flavors.

## DESERT SAUCES

### 12. SABAYON OR ZABIONE SAUCE

#### INGREDIENTS:

Egg Yolks (room temperature)  
Sugar

Marsala (traditional)  
Grand Marnier (optional)

#### PROCEDURE:

Combine Egg Yolks, Sugar, and Marsala together in Copper mixing bowl. Cook over low heat or preferably use a double boiler. Use “Piano Wire” Wisk to whisk vigorously throughout cooking. Cooking until mixture forms stiff “Peaks”. Don’t over cook, or cook too fast, or use too much heat, as you will end up with “Scrambled Eggs”.

\*For warm classical version (make to order). Open mixed with fresh berries. Serve in warm Mousse form or use as a sauce for other desserts, or fold Whipped Cream with Sabayon and chill. Serve as a chilled, firm Mousse. For flavored Sabayons add different liquors or flavored extracts to the Egg Yolks prior to whipping.

**DESERT SAUCES**  
**13. HONEY YOGURT SAUCE**

**INGREDIENTS:**

Vanilla Yogurt  
Honey (warmed)

**PROCEDURE:**

Fold together. Use as dipping sauce with fresh fruit kabobs. For flavored Honey Yogurt Sauces, fold various fruit purées or (coulis) into Yogurt, or use pre-flavored Fruit Yogurts for your “Base”.

## **DESERT SAUCES**

### **14. CARMEL SAUCE**

#### **INGREDIENTS:**

Sugar  
Water  
Light Corn Syrup

Cream of Tartar  
Whipping Cream

#### **PROCEDURE:**

Stir Sugar, Water, Corn Syrup, and Cream of Tartar together in a heavy large saucepan over medium to low heat until sugar dissolves. Increase heat and boil without stirring until deep amber color, brushing down sides of pan with pastry brush and swirling pan occasionally, about 15 minutes. Remove from heat. Gradually add Cream. Place back on stove and heat over medium heat until Caramel comes to simmer and color deepens slightly, about 3 minutes. Allow to cool. Store in refrigerator. Re-warm before serving.

For flavored Caramel Sauce try adding ingredients such as chopped Hazelnuts to the Caramel Sauce while it is still hot.

## DESERT SAUCES

### 15. BALSAMIC STRAWBERRY SAUCE

#### INGREDIENTS:

Strawberries (fresh)	Balsamic Vinegar
Strawberries (frozen)	Fresh Mint Leaves (optional)
Sugar, Water (or simple syrup)	Cornstarch

#### PROCEDURE:

Process frozen Strawberries using a food processor. Combine processed Strawberries with Sugar, Water and Balsamic Vinegar in a cooking pot. Season with chopped Mint Leaves (if using). Cook over medium heat. Thicken with Cornstarch. Strain. Allow sauce to cool. Add sliced, fresh Strawberries to the sauce.

Use with Marscapone Cheese Cake and other deserts.

## DESERT SAUCES

### 16. MULLED APPLE CIDER SAUCE WITH CINNAMON

#### INGREDIENTS:

Apple Cider	Cinnamon Stick
Apple Schnapps	Corn Starch
Lemon Juice (fresh squeezed)	Poached, Diced Apple (optional) if you want Texture

#### PROCEDURE:

Combine Apple Cider, Apple Schnapps, Lemon Juice, and Cinnamon Stick in a cooking pot. Cook over medium to low heat. Thicken with Cornstarch. Add poached, diced Apple (if using).

Serve sauce warm. Use with warm Ginger Bread Cake served with grilled Granny Smith Apple Sorbet (one of my specialty deserts).