



H3 Demi Glace

INGREDIENTS:

1 each Shallot, chopped
1 clove Garlic, fresh, chopped
2 cups Veal or beef stock
1 teaspoon Thyme
1 Tablespoon Parsley, fresh, chopped
1 each Bay leaf
5 each Black peppercorns
½ teaspoon Salt
Pinch White pepper
2 teaspoon Tomato paste, or low sodium soy sauce
2 Tablespoon Corn starch
2 Tablespoon Cold water, to mix with corn starch

PREPARATION:

- Heat medium sauce pan to medium high heat.
- Sauté shallots and garlic until translucent and tender.
- Deglaze the pan with stock.
- Add herbs and spices, and cook until reduced by half.
- If color is desired add tomato paste or soy sauce. Let cook for additional 2 minutes.
- Then make corn starch slurry (water and corn starch), and slowly add while whisking into warming cream mixture.
- Thicken until desired consistency.

Number of Servings: 4
Serving Size: 2 ounces
Calories: 35
Fat Grams: 1

