



## 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

