



BALSAMIC BLACKBERRY SAUCE

EXTRA INGREDIENTS AREN'T NECESSARY TO MAKE ONE OF OUR HAM STEAKS TASTE GREAT, BUT A GOOD SAUCE ONLY ADDS TO THE FLAVOR. THIS BALSAMIC VINEGAR AND BLACKBERRY BLEND IS SAVORY, A LITTLE SWEET, AND RICH IN ANTIOXIDANTS.

PREP TIME:

5 MIN

COOK TIME:

15 MIN

TOTAL TIME:

20 MIN

SERVES:

4 PEOPLE

INGREDIENTS

- 1 1/2 cups fresh blackberries
- 2 Tbsp honey
- 2 tsp lime juice
- 1/3 cup balsamic vinegar
- 1 shallot, finely minced
- 2 tsp fresh thyme, chopped
- 1 Tbsp olive oil
- Salt and pepper to taste
- Optional: 1 tsp granulated sugar

INSTRUCTIONS

Sauté minced shallot in olive oil over medium high heat until fragrant and lightly caramelized.

Add vinegar and bring to a boil.

Reduce to a simmer and stir in blackberries, honey, thyme, lime juice, and sugar if you prefer a sweeter sauce. Continue to simmer, stirring occasionally, until berries break down and the sauce thickens into a syrupy texture, about 10-15 min. Use a spoon to mash blackberries into the vinegar if desired.

Remove from heat. Add salt and pepper to taste.

Serve over warmed Frick's ham steak or pork loin.

• FAMILY OWNED FOR FIVE GENERATIONS •

T: 800 241 2209

FRICK'S QUALITY MEATS, INC.

FRICKMEATS.COM

360 M E FRICK DRIVE

WASHINGTON, MO 63090