

Peach Rum-Pecan Sauce

(adapted from a recipe appearing the August 1991 issue of Bon Appetit magazine)

Yield: 6 servings

Ingredients:

1 tablespoon fresh lemon juice
3 large firm ripe peaches
6 tablespoons butter
½ cup firmly packed light brown sugar
3 tablespoons whipping cream
½ cup toasted pecan pieces
½ teaspoon rum-flavored extract (or more to taste)
vanilla ice cream or frozen yogurt

Procedure:

Place lemon juice in medium bowl. Peel, pit peaches and thinly slice peaches into bowl; toss to coat with lemon juice and set aside. Melt butter in heavy saucepan over medium heat, add brown sugar and stir until mixture thickens and bubbles. Add cream 1 tablespoon at a time, stir until sugar dissolves and sauce is thick and smooth, about 3 to 5 minutes. Blend in peaches, pecans and extract. Stirring constantly, cook sauce until heated through. Taste sauce and adjust flavor with additional extract, if desired. Divided ice cream among six bowls and spoon equal amounts of sauce over each serving.

about 270
calories and
20 grams of fat
per serving
(one-sixth of the recipe)

Peach Rum-Pecan Sauce contains ingredients from the tip of the Food Guide Pyramid, which we should eat sparingly. A serving also contains 2 grams of fiber, 20 percent of the recommended daily vitamin A (as carotenoids) and 13 percent of the recommended daily vitamin C.

NDSU Agriculture Communication



Peach Rum-Pecan Sauce