

## A Cherry Sauce

2 cups (500 ml) pitted sour cherries

2 Tablespoons (30 ml) honey

1 teaspoon (5 ml) lemon zest

½ teaspoon (2 ml) almond extract

1 teaspoon (5 ml) cornstarch, dissolved in 2 tsp (30 ml) water

½ teaspoon cinnamon

In a small saucepan, bring cherries, honey, cinnamon, lemon zest, and  $\frac{3}{4}$  (180 ml) water to a boil. Reduce heat to medium-low and simmer, stirring occasionally, until cherries start to break down, about 5 minutes. Purée half of cherry mixture in a blender and return to pan. Stir in almond extract and cornstarch mixture and simmer for 2 minutes or until slightly thickened.

The cherry sauce can be prepared in advance and reheated as necessary. Delicious served over meats, in baking, or over yogurt.