

# Vanilla Glaze

## (for Meat, Fish, Poultry and Vegetables)

### YIELD

2 cups (480 ml)

### INGREDIENTS

½ cup (120 ml) red wine vinegar

½ cup (100 gm) sugar

½ (120 ml) cup Madeira

1 cup (240 ml) water or stock

2 Madagascar Bourbon vanilla beans

2 tbl (28 gm) cornstarch

2 tbl (30 ml) water or stock

salt and pepper to taste



### INSTRUCTIONS

Bring vinegar and salt to a boil in a saucepan. Cook for 10-15 minutes or until sugar has caramelized. When caramelized, add Madeira and stir until the sugar mixture has dissolved.

Add stock or water and the vanilla beans and simmer until the volume has been reduced to half. Remove from heat and let stand for one hour or more.

Remove the vanilla beans and reheat the mixture when ready to use. Bring to a simmer. Mix cornstarch with water or stock and add to sauce. Simmer for 3 minutes or until thick. Add salt and pepper to taste. Glaze meats or poultry before cooking or serve warm in a gravy dish to add to foods.