
THE CrossFit *kitchen*



Raspberry Coulis

by Nick Massie

overview

By itself or over cake, raspberry coulis is a quick and easy holiday treat.

ingredients

1 lb. frozen raspberries

$\frac{3}{4}$ cup sugar

directions

1. Heat raspberries and sugar in a saucepan over medium-high heat, stirring occasionally until boiling.
2. Pour mixture into a blender and blend for 30 seconds.
3. Pour through a fine mesh strainer and agitate with a spoon or spatula until all liquid passes through mesh and all seeds are contained in mesh.
4. Scrape down the outside of the strainer to ensure you capture all the coulis.
5. Pour through a funnel into a squirt bottle and chill to 40 F. The sauce will thicken as it cools. The coulis is at its proper consistency when completely cool.
6. Enjoy by the spoonful or with some chocolate decadence cake.

