

The Mint Sauce Recipe

My mum used to chop the mint and then get me to make this when I was a toddler, there's no monkeying around with boiling water so it's reasonably safe, though I can remember sneezing from the pepper.

Never get involved with recipes for mint sauce that rattle on about boiling water. Not needed and why would you want to water your sauce down anyway? Made as below it's not in the least harsh, just really minty & tasty.

Ingredients:

- Good handful of freshly picked mint, mainly leaves but some stalk is fine
- ½ teaspoon Maldon sea salt
- Teaspoon of your local honey
- BIG fat pinch of ground white pepper – don't be coy, go for it
- ½ cup malt vinegar.

Method:

1. Prepare your mint sauce AT LEAST 2 HOURS before you need it.
2. Chop your mint well, but not so it's like the stuff in the sludge that supermarkets sell as mint sauce.
3. Put all the ingredients together in your chosen receptacle, we use a little cream jug.
4. Stir patiently until all the honey is dissolved, usually the salt is also by then.
5. Leave to stand at room temperature for 1 hour or so.
6. Give it a stir and taste it and if required add honey or salt to your taste.
7. Leave to stand at room temperature until required, stir and serve.

We love this stuff and usually make it fresh when we need it (winter and summer as we always keep a pot of mint in the greenhouse when it's cold) however it keeps perfectly well in the refrigerator for a day or so at least, maybe longer though it never survives long enough with us. Enjoy.