

Pear Sauce



Serves	1 1/2 cups
Prep time	20 minutes
Cook time	15 minutes
Total time	35 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Condiment
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- 1 1/2 cup pear chutney (see above)
- 1 leek (chopped)
- 2 or 3 spring onion
- 2 teaspoons crushed garlic
- 1 tablespoon sunflower oil

Directions

1. Heat the oil in a fry pan, then add the leek, spring onions and garlic. Fry for a few minutes until soft.
2. Place the leek mixture into a food processor with the chutney and puree until smooth.
3. Place the puree into a saucepan and bring to the boil, then simmer for 5 to 10 minutes.
4. Pour into hot sterilised jars. Refrigerate after opening.



Note

Low Chemical