

Blueberry Bourbon BBQ Sauce

This bbq sauce is delicious on pork, chicken and beef. It's not everyday that you get a sweet and tangy bbbq sauce that has the added bonus of a healthy dose of antioxidants!

Ingredients:

1 Tbsp canola oil

2-3 shallots, finely chopped

4 cloves garlic, minced

1-2 Fresno chillis, seeded and chopped

½ c. bourbon

2 c. fresh or frozen (not thawed) blueberries

½ c. ketchup

1/3 c. cider vinegar

2 Tbsp brown sugar

1 Tbsp molasses

1 Tbsp pure maple syrup

2 tsp grainy mustard

1/8 tsp ground allspice

½ tsp Cajun seasoning (optional)

In a medium saucepan, heat oil over medium heat. Add shallots and sauté for 2-4 minutes, just until tender. Add garlic and chillis, and cook until fragrant, about 30 seconds. Add bourbon, increase heat and bring to a boil. Let boil gently until almost all of the liquid is evaporated, about 5 minutes.

Stir in blueberries, ketchup, vinegar, brown sugar, molasses, grainy mustard, maple syrup, allspice and Cajun seasoning (if using). Bring to a boil and then reduce heat and simmer, stirring occasionally, until sauce thickens, about 20 minutes. Let sauce cool and transfer to blender and blend until smooth. Store in airtight container for up to one week.

