

Balsamic Glaze

Ingredients:

1 cup water
2/3 cup balsamic vinegar
3 Tbs. cornstarch
1/2 cup water
1/3 cup maple syrup
2 Tbs. Caribbean jerk seasoning
2 Tbs. Creole/Cajun mixture

Preparation:

In a hot skillet, bring 1 cup water and 2/3 cup balsamic vinegar to a slow rolling boil. Meanwhile, stir together 3 tablespoons cornstarch and 1/2 cup water until smooth. While the water/balsamic vinegar is boiling, slowly add a thin stream of the cornstarch/water mixture and stir until it reaches the proper glaze consistency.

This base can be divided in three parts. In one part add 1/3 cup maple syrup and mix together. In the second bowl, add 2 tablespoons Caribbean jerk seasoning and mix well. In the third bowl, add 2 tablespoons Creole/Cajun mixture. All these need to be added while the mixture is hot.

You can use your favorite flavors in the balsamic base instead of the three suggested here. Using the base is easy -- the glazes can be used for grilling items or for sauteing pasta or rice dishes.