



## Arrowroot

**A**rrowroot is a starch rich, underground creeping rhizome. Its powder is one of nature's finest carbohydrates. With qualities such as easy digestibility and ability to mix well with a wide range of food ingredients, arrowroot is the most sought-after starch in infant formulas and confectionary.

In general, arrowroot flour is added as thickener, colloidal stabilizer, binding agent in liquid-based recipes. It has several advantages over other starch flours. It mixes well in low temperature cooking and gives uniform viscosity to recipes. It has a neutral taste, prevents dextrinization (breaking carbohydrates to dextrans), and can be added to acidic-based recipes. However, it does not mix well with dairy-based recipes as it turns them slimy. One tablespoonful of flour is enough for the thickening one cup of liquid.

**Uses:** Arrowroot flour is used in confectionaries as a thickening agent to make cakes, gels, mousse; and in kitchens to prepare soups, sauces, dressings, gravies, etc. Use its flour to give perfect shapes to biscuits, cookies, and pastries while reducing the amount of cholesterol rich solid fats (trans-fats).

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### Raspberry Sauce

**Ingredients:**

- 2 (10 oz.) cartons frozen raspberries
- 1 tsp. arrowroot
- 1 tbsp. cold water
- ¼ cup sugar
- Chambord to taste (optional)

**Preparation:**

In a heavy saucepan, over medium heat, melt the berries and juice, stirring to break up the frozen lumps. Turn up the heat and bring to full rolling boil. Remove from heat. In a bowl, strain fruit and juice by pressing on pulp, removing the seeds. There should be 1½ cups of juice. Rinse the sauce pan, add the juice and sugar, bring to boil again. Mix the arrowroot with cold water and add to juice. Reduce heat and cook only a few seconds, until thickened. Pour sauce into bowl. Chill. Add Chambord if desired.



**680247    6/18 oz.**

