

Teriyaki Sauce

Makes 1 3/4 cups

Ingredients:

1/2 cup unprocessed cane sugar
1/4 cup organic brown sugar
3 T. potato starch
2/3 cup low sodium Tamari sauce
1/3 cup water
3 T. mirin or dry white wine
2 cloves garlic, minced
2 t. grated fresh ginger



Directions:

Mix the dry ingredients together in a small bowl to prevent the starch from clumping.

Measure out the liquid ingredients into a small/medium-sized bowl and then add the garlic and ginger.

Whisk the dry ingredients into the liquid.

Pour the mixture into a cold medium saucepan and turn heat on to medium-high.

Stir with a wooden spoon or whisk constantly until mixture begins to bubble and thicken.

Continue to cook until sauce is thick enough to come off a spoon in a thin sheet. (It should run off of the spoon in a continuous thick strand; not drip off in individual droplets.)

About the recipe... Tamari sauce is gluten-free and I like the taste much better than the traditional soy sauce I used to get at the store. You can find Tamari without too much trouble- the most readily available places are natural foods stores. The low sodium version is rich and wonderful and does not taste like it is low in sodium, so always opt for that version.

You can use corn starch in place of the potato starch but the cooking time may take longer to get a thick sauce. You can add a pinch of red pepper flakes if you like more spice in your sauce, but the ginger in the recipe already gives it a nice bite.

Keep this in a jar in your fridge to cook your tofu or tempeh in for quick weekday sandwiches. Or use a dollop of this sauce on a side of mixed veggies.