

PEACHY TERIYAKI SAUCE

YIELD: 72 SERVINGS, 1 TBSP PORTIONS (APPROXIMATELY 4.5 CUPS)

Chef Vanessa LaBranche

The great thing about making your own sauce is that it allows you to control every aspect of it, from sodium and sugar content, to flavors and seasoning. This twist on traditional teriyaki sauce uses canned peaches to add sweetness, and would also work well with canned pineapple or canned mandarin oranges. This sauce packs some seriously bold flavors from the soy sauce, garlic and ginger. Whenever possible, always try to use fresh garlic and fresh ginger, it makes all the difference in the world! Serve this sauce with chicken, beef or tofu stir-fry, toss lightly steamed vegetables in it, or use it as a dipping sauce for eggrolls.

INGREDIENTS

- 5 cups canned sliced peaches in lite syrup
- 1 cup low-sodium soy sauce
- 1/3 cup apple cider vinegar
- 2 1/2 tablespoons sesame oil
- 1/3 cup packed brown sugar
- 1/4 cup sesame seeds
- 4 cloves minced fresh garlic
- 1/3 cup fresh minced ginger, grated
- 1/2 cup + 2 tablespoons water
- 2 1/2 TBSP cornstarch

DIRECTIONS

1. Using a food processor or immersion blender, blend the canned peaches until smooth and transfer to a heavy bottomed sauce pan set over medium-high heat.
2. Add the soy sauce, apple cider vinegar, sesame oil, brown sugar, sesame seeds, garlic and ginger and stir well. Bring the sauce to a slow boil and allow to cook for 5 minutes.
3. Whisk the water and cornstarch together in a small bowl to make a slurry - be sure to use cold water.
4. Bring heat up to medium high and whisk in the cornstarch slurry. Stir constantly until sauce has thickened enough to coat the back of a spoon, about 5 minutes. Sauce should be glossy and cornstarch should be completely dissolved.
5. Sauce can be used immediately or if you are planning to store it, allow to cool completely before storing. Sauce will keep for up to a week under refrigeration.

RECIPE NOTES

Nutritional information: 22 calories; 0.1 g sat. fat; 129 mg sodium; 4.2 g carbohydrate