

Sweet & Sour Sauce

Swick

Makes 3 cups | Active Time: 45 minutes | Total Time: 45 minutes

Chef's Notes

*This recipe uses whole food sweeteners. While we've used apricot paste, you could also use pineapple or mango paste.

For the minced chile, choose a variety that will suit your desired heat level and that is available to you. For example, red Thai or Hatch chiles could be used. If you don't have access to fresh red chiles, then use green chiles.

Preparing the Sweet & Sour Sauce

First, gather and prepare your mise en place.

To make the sauce, using a small pot, whisk together the pineapple juice, sake, vinegar, Apricot Paste, liquid sweetener, garlic, ginger and chile.

Bring to a simmer over medium-high heat. Reduce the heat to medium and let gently simmer for approximately 25 minutes, or until reduced by about a third.

Meanwhile, mix together the arrowroot and water to create a slurry.

Once the sauce is ready, slowly pour in the slurry until you reach a glaze-like consistency. The sauce should nicely coat the back of a spoon. Allow to simmer for another minute or so to cook out the starch flavor. Remove from the heat.

Use as a glaze for Sweet and Sour Tofu.

Step 1: Preparing the Sweet & Sour Sauce

- 2 cups pineapple juice
- 1 cup sake
- 1/4 cup rice vinegar
- 1/4 cup Apricot Paste*
- 3 tbsp liquid sweetener
- 3 cloves garlic, finely minced
- 1 tbsp ginger, finely minced
- 1/2 tsp chile, minced
- 2 tbsp arrowroot
- 1/4 cup water