

Fish-Less Fish Sauce

Swick

Makes 1 cups | Active Time: 10 minutes | Total Time: 45 minutes

Step 1: Preparing the Sauce

- 3 cloves garlic
- 2 tsp miso paste
- 1/2 cup tamari or soy sauce
- 3 cups water
- 2 tsp whole peppercorns
- 2 tbsp dried shittake mushrooms
- 35 g seaweed (such as kombu or wakame)*

To prepare the sauce, first, smash the cloves of garlic using the side of a chef's knife.

In a medium pot, add the garlic, miso, tamari, and water and whisk to combine. Then add the peppercorns, dried mushrooms, and seaweed. *Note: Seaweed can be found in most Asian markets and in many health food stores.

Bring the mixture to a boil, then turn down the heat and let simmer for 20 minutes.

At this point, strain the liquid and return it to the pot. Let simmer again for another 20 minutes, or until the liquid has reduced a bit and is almost too salty.

If you have ever tasted 'regular' fish sauce, you will know that it is super salty (and fishy), yet when used in a dish, it adds just the right balance of salty/fishy depth—otherwise known as “umami.” Essentially, that is what you are going for here.

Once done, remove from the heat and let cool. Then place into a glass container and refrigerate. Use 1:1 wherever a recipe calls for regular fish sauce.

Chef's Notes

For a thicker, no-cook sauce this