

# Sweet & Sour, Thai Sweet Chili

Two Delicious Variations of one Asian Culinary Classic

This recipe takes a traditional asian sweet and sour sauce and gives you two different dips. One is the standard sweet and sour (bottom middle sauce), but then I realized that with just the addition of a few ingredients, it can be turned into a Thai Sweet Chili sauce (top left picture).

## Ingredients:

- 1-1/8 cup water (1 cup, plus 2 Tbsp)
- 1 cup rice vinegar
- 1 cup 0 point sweetener/sugar substitute (stevia, monkfruit, truvia, swerve, etc)
- 2 Tbsp no sugar added ketchup
- 1 Tbsp garlic, minced
- 1 Tbsp fresh ginger root, minced
- 2-1/2 Tbsp cornstarch

## Thai Sweet Chili Sauce Variation:

- only use 1 cup water, NOT 1-1/8 cup
- add 1-1/2 Tbsp low sodium soy sauce
- add 2 Tbsp sugar free peach preserve/jelly/jam
- add 2 to 3 tsp crushed red pepper flakes, to taste

## Directions: (base sauce directions)

- 1 Place the water, vinegar, sweetener, ketchup, garlic, ginger and cornstarch into a small pot (around 1.5 quarts), whisk until everything is well combined and the cornstarch is dissolved.
- 2 Bring the mixture up to a rolling boil and allow to cook for 5-7 minutes, stirring occasionally. Continue until the sauce has the thickness of warm maple syrup. Remove from heat, set aside. Allow the sauce to cool to room temperature. Come back and stir the sauce occasionally, while cooling, so that it doesn't develop a slightly thick layer on top. Done.
- 3 To make the Thai Sweet Chili variation, perform the listed changes to step 1. Reduce the water, as stated, while adding soy sauce, peach preserves and red pepper flakes to the recipe.

## Note:

- Rice vinegar is not with the "normal" vinegars, at the grocery store. It's found in the aisle with the Asian foods, usually near the soy sauce, sesame oil, teriyaki sauce... stuff like that. However, if you don't want to spend the extra \$\$, use regular distilled white vinegar. It won't taste exactly the same, but it's still very good. Also, make sure to get 'unseasoned' rice vinegar.
- For the spicier Thai Chili Sauce version, I'd recommend starting off with only 2 tsp crushed red pepper flakes, then adding the extra teaspoon, if you want it hotter. I made mine with 3 teaspoons and my face was melting, like the guy at the end of Indiana Jones.

## Serving Info.:

Yields: 2 cups  
Serving Size: 1/4 cup  
Servings: 8



Range

0-0

Sweet & Sour



Range

0-0

Thai Sweet Chili

- last checked 12/05/21 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

