



Asian Glaze & Dipping Sauce

A thick and sticky dipping sauce that's easily customizable

This is a very simple Asian inspired sauce that can easily be docked up with additional spices and flavorings for your own preferences. This sauce is yummy as listed, but can be kicked up a few notches by adding lemongrass, some lime juice, honey, sugar free bbq sauce, or any number of additional flavors.

Ingredients:

- 2 Tbsp PLUS 2 tsp reduced sodium soy sauce
- 1 Tbsp 0 point sweetener o' choice (monkfruit, stevia, etc)
- 1/4 tsp molasses**
- 1 medium garlic clove, minced (1tsp)
- 1/2 tsp fresh ginger, minced. OR 1/4 tsp ground ginger
- 2 Tbsp tomato sauce
- 1-1/2 Tbsp sugar free pancake syrup**
- 2 Tbsp rice vinegar
- 1-1/4 cups Water
- 4-1/2 tsp cornstarch (dissolved into the water)
- 1/2 tsp asian chili sauce, such as Huy Fong chili garlic Asian sauce, or Sriracha.

Serving Info:

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



*- last checked 11/15/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.*

Directions:

1. Dissolve the cornstarch with the water, then heat ALL of the ingredients in a small pot, over medium-high heat, till boiling.
2. Reduce heat, continue cooking at a boil low boil for 3-4 minutes, till it begins to coat the back of a spoon.
3. Remove sauce from heat, pour into a bowl and set aside. It will thicken as it cools.
4. Stir sauce again after 5 minutes off of heat, serve warm or cold.

Notes:

- If you have access to 0 point brown sugar substitute, swap the 2 Tbsp of sweetener and 1/4 tsp of molasses, with 2 Tbsp of 0 point brown sugar substitute.
- If you don't want to buy rice vinegar, use regular distilled white vinegar, it'll work just fine and still tastes great.
- Adding 1/4 tsp of sesame oil REALLY kicks the sauce up, without adding any points.

