



Korean 'Gochujang' Sauce

If you enjoy Asian food, this sauce will knock your socks off. Even though it's spicy, it's my hands-down favorite

Korean Gochujang sauce is fantastic. Prior to making it for the first time, while making my Asian cookbook (#5), I'd never had it before. It is one of my 3 favorite sauces in the world now. It DOES require a very exotic ingredient (for most of us), 'fermented red pepper paste', but it can be found in the Asian food aisle of most major grocery stores. This sauce is savory, slightly sweet, slightly fruity, spicy, a little sour. It's awesome.

Ingredients:

- 10 Tbsp (1/2 cup PLUS 2 Tbsp) Water
- 1-1/2 tsp cornstarch, dissolved into the water
- 3 Tbsp low sodium soy sauce
- 2 Tbsp 'dark' soy sauce (optional, for color)
- 3 Tbsp rice vinegar
- 1-1/2 Tbsp sugar free syrup (pancake)
- 2-1/2 Tbsp no sugar added ketchup, or tomato sauce
- 2 tsp sugar free strawberry preserves/jelly
- 4 Tbsp fermented red pepper paste (gochujang paste)
- 1/4 tsp sesame oil
- 2 medium garlic cloves, crushed, minced
- 1/2 Tbsp ginger, minced
- 6 Tbsp 0 point sugar replacement o' choice
- 1/2 tsp salt

Serving Info:

Yield: 1-1/2 cup
Servings: 6
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. Add all of the ingredients together in a small pot. Stir till well combined, then bring to a boil over medium heat.
2. Cook at a low boil for 5-6 minutes, or until the sauce begins to thicken.
3. Remove from heat, set aside to cool. Stirring occasionally while it cools.

Notes:

- **ASIAN RED PEPPER PASTE:** Can be found in the Asian Food aisle of most major chain grocery stores. Do a google image search to see what it looks like. It might also be found as 'Gochujang' red pepper paste. Different brands of fermented red pepper paste have varying point values. The brand I used was only 4 points for 1/4 cup, others are 5 points. The points of your dish may vary, based on the brand you use.
- **DARK SOY SAUCE:** Dark soy sauce is NOT regular soy sauce, it IS called 'dark' soy sauce. If you want this dish to be a 10 out of 10, you need it, even if you have to buy it online. BE ADVISED!!!!!! Different brands are different points. I use 'sushi chef' or 'Ka Me' brands.