



Teriyaki Sauce

My quick & tasty take on the traditional Japanese sauce/glaze. Did I mention... it's tootally non-traditional?



Everyone who's ever had cheap Asian fast food at a strip mall, KNOWS what Teriyaki chicken is, or rather... ya'll think you do. What you're really eating is sugar water with soy sauce. For my recipe, I took a traditional Japanese recipe, then used ingredient hacks to completely rebuild it. This version is quick, easy, is absolutely delicious and has a nice depth of flavor. It works great as sauce, glaze, or as a dip.

Ingredients:

- 3/4 cup water
- 1-1/2 tsp cornstarch
- 2 Tbsp 0 point sweetener o' choice PLUS 1/4 tsp molasses, **or...** 2 Tbsp 0 point brown sugar replacement
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 3 Tbsp low sodium soy sauce
- 1 medium garlic clove, minced
- 1 tsp ginger, minced
- 1/8 tsp salt
- pinch of red pepper flakes (optional)

Serving Info:

Yield: 1 cup
Servings: 4
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, cook at a low rolling boil for 4-5 minutes.
3. Remove sauce from heat, pour into a bowl and let cool to room temperature. Done

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. It makes a huge difference. In your local grocery store or walmart you might find Truvia brand 0 calorie brown sugar replacement, Swerve brand, or Lakanto brand.
- If you'd like to use this a glaze, let it continue to simmer longer, so that it reduces to the consistency of syrup.