



TERIYAKI SAUCE AND MARINADE

By Dr. Cindy Tanzar
(Standard)

Finally! We have been working to provide a teriyaki sauce for a while. I've just never been that pleased with the results. This sauce is so easy, provides great flavor and more options for your meals. If you haven't yet found the Dorot Gardens ginger, it is so handy. I purchase it at our Forest Kroger in the freezer section. I have seen it in both the frozen vegetable and frozen fruit areas. Very nice to have on hand. This sauce is easily doubled if you need more for dipping or other recipes.

You don't have to measure this sauce to use it, just don't use the whole bowl!



INGREDIENTS

1/2 cup water

1/4 cup Coconut Aminos or Tamari (gluten-free soy sauce)

1 Tbsp Bragg's apple cider vinegar

1/2 tsp. liquid stevia OR 2-3/4 Tbsp. Swerve Brown or Lakanto



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Golden Monkfruit

Fresh ginger – cut off an inch and mince OR 2 cubes Dorot

Gardens frozen crushed ginger*

1 clove garlic, minced

1 tsp. sesame oil

1 tsp. toasted sesame seeds (lightly brown briefly in a pan)

1/4 tsp. xanthan gum (use for sauce, but not marinade) **

INSTRUCTIONS

In a small saucepan combine water, Coconut Aminos/Tamari, apple cider vinegar, stevia/Swerve, ginger, garlic, sesame oil and sesame seeds. Bring to a boil. This is all you need to use as a marinade.

For a teriyaki sauce, very lightly sprinkle or dust xanthan gum over the sauce, tapping the measuring spoon lightly to avoid clumping. Mix well. The sauce does not need further cooking, as it will thicken with the stove turned off as it sits.

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** Xanthan gum is available at many grocery stores in the healthier food area or in the baking aisles around the Bob's Red Mill products at Kroger or Walmart. More options are available, too, with its popularity. A little goes a long way, so you will have it a long time. We use this product quite often for thickening all kinds of sauces, etc.