SCD Asian Sauce (Soy Sauce Substitute)

Description

You can use this replacement for traditional soy sauce in a variety of Asian recipes. It is sweeter and lighter, but still has a nice punch.

Summary

Yield: 1
Source: Recipes for the Specific Carbohydrate Diet
Prep Time: 5 minutes
Category: Sauces
Cuisine: Asian

Ingredients

- 1/4 cup red wine vinegar
- 4 tbsps honey
- 1/4 tsp minced ginger
- 1 tsp ground black pepper
- 2 cloves garlic, finely pounded
- 3 cups water
- 1 tsp salt

Instructions

Combine all the ingredients in a small stovetop pan and cook over medium heat for 15 to 20 minutes, until reduced to 1/2 to 2/3 cup.

Bottle and store in the refrigerator for up to 2 weeks.