

## Carrot Ginger Reduction



### Makes:

Approximately 6 ounces

### Utensil:

Saladmaster Food Processor  
1 ½ Qt./1.4 L Sauce Pan with Cover

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### Contributed By:

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### Recipe Description:

This reduction pairs nicely with [Lemongrass Seared Chicken](#) and  
[Lentil Spinach Sauté](#).

16  
ounces  
fresh carrot juice  
(475  
mL)  
1  
tablespoon  
fresh ginger, shredded, use Cone #1  
(6  
g)  
1  
teaspoon  
kosher salt  
(3

g)

**Directions:**

1. Add carrot juice, ginger and salt to sauce pan. Reduce over medium heat.
2. Using a rubber spatula, clean sides of sauce pan and scrape the bottom every 2 minutes to keep the sauce from getting discolored.
3. Total time reducing is about 12 - 15 minutes. Sauce will thicken as it cooks. Mixture should now be about 6 ounces.

Nutritional Information per Serving

**Calories:**

182

**Total Fat:**

0g

**Saturated Fat:**

0g

**Cholesterol:**

0mg

**Sodium:**

1992mg

**Total Carbs:**

43g

**Dietary Fiber:**

5g

**Sugar:**

22g

**Protein:**

5g