

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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Recipe:

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	43g
Carbs:	
Dietary Fiber:	5g
Sugar:	22g
Protein:	5g
