

Korean Style Barbecue Sauce



Makes:

12

Utensil:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)
Saladmaster Food Processor

Rate ★★★★★

Recipe:

Contributed By:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Write a Review](#)

Recipe Description:

Barbecue is a popular method of cooking in Korean cuisine. This barbecue sauce is sweet, salty, savory, spicy and tangy. Adjust the chili paste depending on how hot you like it. This is an easy sauce to brush on grilled or baked foods for a pop of flavor.

1/2 low sodium soy sauce or tamari
(144 g)
1/2 cup water
(118 ml)
3/4 cup light brown sugar
(108 g)
1-2 tbsp Korean chili paste or gochujang, (depending on how spicy you like it)
(32 g)
1 tbsp toasted sesame oil
(14 g)
1 tbsp rice vinegar
(16 g)
1 tbsp ginger, fresh grated, use Cone #1
(6 g)
1 tbsp

garlic, fresh, grated, use Cone #1
(6
g)
2 scallions, green & white part, minced
1 tbsp
organic cornstarch
(8
g)
¼ cup
water
(59
ml)

Directions:

1. Place soy sauce, water, brown sugar, Korean chili paste, sesame oil, rice vinegar, ginger, garlic and scallions in Ultimate Culinaire.
2. Turn heat to medium and bring mixture to a simmer.
3. In a small bowl combine cornstarch and water and stir until it is dissolved.
4. Add cornstarch mixture to simmering sauce and whisk to combine, turn heat to low, cover and cook for 5 minutes. Taste and adjust as needed.
5. Use sauce immediately or cool and store covered in refrigerator for up to 2 weeks.

Tips:

- Use Korean barbecue sauce to brush on shrimp, thinly sliced grilled beef, grilled tofu or tempeh, portabella mushrooms, vegetables, chicken skewers or as a substitute for tomato sauce on pizza.

Calories: 48

Fat: 1g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 322mg

Carbohydrate: 8g

Fiber: 0g

Sugar: 4g

Protein: 0g
