

Sweet and Sour Sauce



Makes:

1 $\frac{1}{4}$ cups; 20 servings, 2 tablespoons each (30 mL each)

Utensil:

1 Qt./9 L Sauce Pan with Cover

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Recipe:

Contributed By:

Saladmaster® Wok Healthy Cooking Guide

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$\frac{1}{2}$ cup
packed brown sugar
(90 g)
1 $\frac{1}{2}$ tablespoons
cornstarch
(12 g)
1 tablespoon
lite soy sauce
(15 mL)
 $\frac{1}{4}$ teaspoon
freshly ground black pepper
(1.25 mL)
 $\frac{1}{2}$ cup
red wine vinegar
(120 mL)
 $\frac{1}{2}$ cup
pineapple juice
(120 mL)
 $\frac{1}{4}$ teaspoon
ground ginger
(1.25 mL)
 $\frac{1}{4}$ teaspoon
garlic powder
(1.25 mL)
 $\frac{1}{4}$ teaspoon
chives
(0.25 g)

Directions:

1. In sauce pan, combine brown sugar and cornstarch.
2. Add remaining ingredients and bring to a simmer over medium heat. Stir continually until thickened.
3. Reduce temperature to low and simmer for an additional minute. Serve warm.

Tips:

- This is a standard wok cooking sauce that can be used in place of oil or soy sauce to provide both added flavor and better health.

Nutritional Information per

▼ Serving

Calories: 28
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 32mg
Total 7g
Carbs:
Dietary Fiber: 0g
Sugar: 6g
Protein: 0g