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Soy Sauce



Soy sauce originated in China sometime in the 2nd century BCE. It is naturally brewed from wheat, soybeans, water and salt. There are numerous variations of soy sauce being produced throughout the world with the varieties achieved as the result of different methods and duration of fermentation, difference on the ratio of water, salt and fermented soy, and the addition of other ingredients.

For those with wheat allergies, there are wheat-free substitutions on the market.

Soy Substitute Recipe

4 tablespoons beef bouillon (31 g)
4 teaspoons balsamic vinegar (20 mL)
2 teaspoons dark molasses (14 g)
1 ½ cups water (360 mL)
Pinch of white pepper
Pinch of garlic powder

Place all ingredients in the Saladmaster 1 Qt. Sauce Pan over medium heat. Blend thoroughly and bring mixture to a rolling simmer. Reduce heat to medium-low and continue to simmer, uncovered, until liquid is reduced to 1 cup (240 mL), approximately 15 minutes.

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Rating:

★★★☆☆