

STIR FRY SAUCE

No high fructose corn syrup. No aspartame.

No MSG or preservatives.

This is a great sauce for stir-fries.

- 1 TBS cornstarch or arrowroot
- 1 / 4 cup tamari, soy sauce or Braggs Liquid Aminos
- 3 / 4 cup water
- 1 TBS sesame oil
- 1 TBS finely minced scallions or onion
- 1 clove garlic, minced
- 1 tsp grated fresh ginger
- 1 tsp rice vinegar
- 1 tsp chili garlic sauce
- 1 tsp roasted sesame seeds
- 3 TBS brown rice syrup

Put the cornstarch in a small saucepan and slowly whisk in the soy sauce until there are no lumps. Whisk in 3 / 4 cup water, then add the sesame oil, onion, garlic, ginger and vinegar. Bring this to a boil over medium heat, and cook for 1 minute, stirring until thickened. Remove from heat, stir in the brown rice syrup, sesame seeds and chili sauce.

You can freeze this in individual packets (1 / 4 cup) and bring out to use later.