



Sesame Ginger Glaze

This quick, super flavorful glaze is wonderful on seafood, poultry, pork and vegetables; anywhere you might use an Asian sauce. The cornstarch “slurry” used to thicken the glaze should be added very slowly to reach the consistency you are looking for, adding more or less as desired.

INGREDIENTS:

1 Tbsp sesame oil
2 Tbsp micro grated fresh ginger (using a microplane style grater)
1 Tbsp honey or agave syrup
½ cup organic chicken or vegetable broth
1/3 cup low sodium soy sauce
1/3 cup Japanese rice vinegar
1 Tbsp cornstarch mixed with 2 Tbsp cold broth
Black sesame seeds (about ½ tsp per portion as garnish)
Cilantro leaves (about 1 Tbsp per portion as garnish)

PREPARATION:

- In a small sauce pot gently heat sesame oil
- Add grated ginger and honey, stir over low heat
- Add broth, soy sauce and vinegar and bring to a simmer
- Simmer 2-3 minutes
- Re-mix cornstarch slurry (it tends to separate as it sits)
- Using a wire whisk, slowly whisk a little of the slurry into the simmering sauce, stopping when desired consistency is reached
- Store extra sauce in a glass or plastic container
- Will store chilled for several weeks

Number of Servings: 8
Serving size: 2 Tbsp
Calories: 22
Fat Grams: 1.5

