

Simple Survival Foods Making Your Own Sauces

You can ensure the quality of your food items and avoid food additives that may be harmful to your health with a very simple process. Learn to make your own sauces. Here are a couple of recipes for making your own sauces. They require a little time and preparation but will be a lot healthier for you!

Worcestershire Sauce Recipe



Consider making your own Worcestershire sauce at home. It does contain a lot of ingredients, but the method is very simple and easy.

Prep Time: 15 minutes

Cook Time: 3 hours, 15 minutes

Ingredients:

- 2 tablespoons olive oil
- 2 large sweet onions, roughly chopped
- 1/2 cup tamarind paste
- 2 tablespoons minced garlic
- 2 tablespoons minced ginger
- 2 jalapenos, seeds removed and minced
- 1/4 cup chopped canned anchovies
- 1/4 cup tomato paste
- 2 whole cloves
- 2 tablespoons freshly cracked black pepper
- 1/2 cup dark corn syrup
- 1 cup molasses
- 3 cups white vinegar
- 1 cup dark beer
- 1/2 cup orange juice
- 2 cups water
- 1 lemon, thinly sliced
- 1 lime, thinly sliced

Preparation:

Heat the olive oil in a large saucepan and sauté the chopped sweet onion until soft, about 7 minutes. Add the tamarind paste, garlic, ginger, and jalapenos. Cook over medium-low heat for another 5 minutes. Add anchovies, tomato paste, cloves, pepper, corn syrup, molasses, white vinegar, dark beer, orange juice, water, lemon, and lime. Stir to combine and bring to a boil. Reduce heat and simmer, stirring occasionally, for about 3 hours until thickened enough to coat the back of a spoon. Strain Worcestershire sauce into a glass bottle and refrigerate.

Yield: 6 cups

Good Old Peanut Sauce



Prep Time: 15 minutes

Cook Time: 5 minutes

Ingredients:

- 1 teaspoon sea salt
- 2 garlic cloves, minced (1 Tablespoon)
- 12 chiles de arbol or chiles Japones, softened in hot water, dried, seeded, and minced
- 1 Tablespoon minced galangal or ginger
- 1 stalk lemongrass, tough outer layers and green parts removed, minced (1/4 cup)
- 2 shallots, minced (1/4 cup)
- 1 teaspoon red miso
- 3 Tablespoons vegetable oil
- 1/4 cup plus 1 Tablespoons sugar
- 1/4 cup creamy peanut butter
- 1/2 cup coconut cream
- 1/4 cup tamarind juice

Preparation:

Pound the salt and garlic in a mortar with a pestle into a fine paste. Add the chiles and pound to a puree. One at a time, add the galangal or ginger, lemongrass, shallots, and red miso, in sequence, adding

each one only after the previous ingredient has been completely pureed and incorporated into the paste. Transfer to a bowl or to a glass jar with a right-fitting lid. Refrigerate, the seasoning paste will keep for a month.

Or, if using a blender, add all the above ingredients plus the vegetable oil and puree.

Sauté the chile paste in the oil (or the chile paste-oil mixture) in a saucepan over medium-high heat until it exudes a pleasant aroma, about 2 to 3 minutes. Lower the heat and add the sugar, peanut butter, coconut cream, and tamarind juice. Stir to mix and heat until the mixture boils and thickens, about 2 minutes. Transfer to a bowl and let cool before serving. Stored in a glass jar with a tight-fitting lid in the refrigerator, the sauce will keep for a couple of weeks. If it congeals and thickens, dilute with 2 to 3 tablespoons water and cook over low heat in a saucepan, stirring until smooth.

Yield: 1 cup

This also gives you another reason to keep beer on hand as an ingredient for your sauce.