

EPISODE 12 - CARIBBEAN BARBECUE SAUCE AND PRESERVED CHILIS

Ingredients for ≈ 400 ml of Caribbean Barbecue Sauce:

8 tbsp chopped coriander (50 g)
4 tbsp chopped ginger (50 g)
1 red chili
2 tablespoon chopped garlic (50 g)
2 stems lemongrass
250 ml light soy sauce
Juice from 4 limes (8 tbsp) or 120 ml
2 tbsp of sesame oil
60 ml honey (4 tbsp)

Method:

Chop everything up and mix in a blender with the soy sauce
Pour into a small saucepan and add the lime juice, sesame oil and honey and bring to the boil
Simmer for 2 or 3 minutes

Ingredients for ≈ 250 ml of Chili sauce:

80 g Thai red chilies
200 ml light soy sauce
1 tablespoon fish sauce
2 tablespoons rice vinegar 5%

Method:

Cut the stems off the chilis
Chop the chilis and put into a jar
Add the soy sauce, fish sauce and rice vinegar
Stir and close.