

# Sweet 'n' Sour Sauce



Sweet and Sour is a very American version of sweet and sour or hot and sour sauces that originated in Chinese cooking. In China the sauces vary according to the region the cuisine comes from.

I really like this generic version using pineapple juice and brown sugar as the sweeteners.

**Preparation Time: 10 minutes - Serves: 4-6**

## Organize Your Ingredients!

### Notes on Organizing

Set your ingredients out as you prep. It just makes things easier.

### Sweet 'n' Sour Sauce

1 tsp. sesame oil  
2 cloves garlic (smashed and chopped)  
3 T. yellow onion (finely chopped)  
1/2 C. white wine  
one small (6 oz.) can pineapple juice  
2 T. catsup  
1/4 C brown sugar  
2/3 C. low-sodium vegetable broth  
3 T. low-sodium soy sauce or tamari  
1/2 C. rice wine vinegar  
1/2 tsp. Asian pepper sauce

2 T. cornstarch  
mixed with  
1/2 C. water  
juice from 1/2 of a lime

### Assembly Instructions

1. In a medium saucepan, sauté 2 cloves chopped garlic and finely chopped onion in sesame oil until garlic begins to brown. Add white wine and bring to a boil.
2. Add remaining sauce ingredients (except cornstarch mixture) and bring to a boil. Boil 2 minutes.
3. Thicken with cornstarch/water mixture and reduce heat to low. Cook over low heat for 5-minutes. Remove from heat. Squeeze juice from 1/2 of a lime into sauce when you remove it from heat.

