



## Sweet & Sour Soy Dipping Sauce

By Dylan Sabuco

**Prep Time 5 / Cook Time 5 / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**simmer:** to cook a food gently, usually in a liquid, until softened.

### Equipment

- ☐ Small saucepan
- ☐ Measuring spoons
- ☐ Whisk

### Ingredients

#### Sweet & Sour Soy Dipping Sauce

- ☐ 2 tsp cornstarch
- ☐ 3 T water
- ☐ 3 tsp soy sauce **\*\*(for GLUTEN ALLERGY sub liquid aminos; for GLUTEN/SOY ALLERGY sub coconut aminos)\*\***
- ☐ 2 tsp ketchup **\*\*(for NIGHTSHADE ALLERGY sub 2 tsp sesame seeds if no sesame allergy is present)\*\***
- ☐ 3 T honey OR granulated or brown sugar
- ☐ 3 T rice wine vinegar
- ☐ 1 pinch salt

☐ 1 pinch ground black pepper

☐ 1 tsp grated ginger root

## Food Allergen Substitutions

### Sweet & Sour Soy Dipping Sauce

**Gluten/Wheat:** Substitute liquid aminos or coconut aminos for soy sauce.

**Soy:** Substitute coconut aminos for soy sauce.

**Nightshade:** For 2 tsp ketchup, substitute 2 tsp sesame seeds if no sesame allergy is present.

## Instructions

### Sweet & Sour Soy Dipping Sauce

measure + simmer

Measure and add the following ingredients in a small saucepan over medium heat: **2 teaspoons cornstarch, 3 tablespoons water, 3 teaspoons soy sauce, 2 teaspoons ketchup, 3 tablespoons honey, 3 tablespoons rice wine vinegar, 1 pinch of salt,** and **1 pinch of black pepper**. Simmer for at least 3 minutes over medium-low heat, stirring often. If you need extra sauce, double the ingredients above.

grate + whisk

Grate **1 teaspoon of ginger** into the sauce. Stir in the ginger and simmer for 2 minutes. Pour the sauce into a bowl and let it cool down. Dunk your **Fabulous Filipino "Lumpia" Egg Roll Bundles** into the sweet and sour sauce and enjoy!

## Featured Ingredient: Cornstarch!

Hi! I'm Cornstarch!

"You can probably guess by my name that I'm made from corn! I've got other names, too, including Cornflour and Maize Starch (you can also spell my name Corn Starch). I'm used to thicken foods, like sauces and soups. I'm also used in glues and as an anti-sticking agent. That confuses me, but I like that I have so many purposes!"

Cornstarch comes from the endosperm or tissue, making up the bulk of the corn kernel. In commercial processing, after soaking, the germ is separated from the endosperm and they are ground individually. A centrifuge separates the starch from the liquid (corn steep liquor), germ, fiber, and gluten. It is then dried. The residual matter is processed for animal feed and corn oil. Additional modifications to the cornstarch

may be necessary, depending on its use.

Cornstarch started as a laundry starch in the 1800s to stiffen shirt collars and other clothing, like the Paisley shawls made in Paisley, Scotland. In 1854, John Polson of Brown & Polson, the Scottish company that made the laundry starch for the shawls, patented a production method to enable its use in food. They called their product "Patented Corn Flour." They became the largest producers of cornstarch in the United Kingdom.

In the culinary world, cornstarch is used as a thickening agent. Add cornstarch to water to thicken gravies, sauces, and soups, usually at a 1:2 ratio (e.g., 1 tablespoon corn starch to 2 tablespoons water).

Cornstarch results in a clearer thickening slurry than flour. After pouring it into a gravy or sauce, applying heat to the mixture causes it to thicken. However, boiling it for too long will cause the sauce to thin again.

Corn starch is also added to powdered sugar as an anti-caking agent (to prevent lumps). Adding a thin outer layer of cornstarch to chicken nuggets allows more oil to be absorbed, creating a crisper nugget.

Non-food uses for cornstarch include baby powder, anti-sticking agent on latex medical items, like medical gloves, and adhesive in creating paste paper designs.

You can make cornstarch at home. Start by cleaning and soaking corn for 30 to 48 hours in room-temperature water to soften the kernels and begin to separate the starch. Drain and rinse the corn, then blend it in a high-powered blender with a little water to release more starch. Pour the resulting slurry into a container through a cheesecloth or fine mesh strainer. Liquid will pass through with the starch. Let it sit for a few hours, and the starch will settle at the bottom of the container. Pour off the liquid, leaving the starch at the bottom. Spread the wet starch in a thin layer on a parchment paper-lined baking sheet and let it dry out. This may take several hours or days, depending on air circulation and moisture. Breaking up clumps and laying the baking sheet by a sunny window may speed up the drying. Once thoroughly dried, use a blender or food processor to remove clumps and produce a fine powder. Store in an airtight container for up to six months.