



Sweet Soy Dipping Sauce

By Erin Fletter

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

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

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

mince: to chop into teeny tiny pieces.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- ☐ Medium mixing bowl
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus squeezer (optional)

Ingredients

Sweet Soy Dipping Sauce

- ☐ 3 T soy sauce ******(for GLUTEN ALLERGY sub liquid aminos; for SOY/GLUTEN ALLERGY sub coconut aminos)******
- ☐ 1 T hoisin sauce ******(for GLUTEN ALLERGY sub liquid aminos; for SOY/GLUTEN ALLERGY sub coconut

aminos)**

☐ 3 T honey or sugar

☐ 3 T water

☐ 1 lime, juiced

☐ 1 garlic clove, minced

Food Allergen Substitutions

Sweet Soy Dipping Sauce

Gluten: Substitute liquid aminos for soy sauce. Substitute liquid aminos for hoisin sauce (a bit of sunflower seed butter can also help thicken).

Soy/Gluten: Substitute coconut aminos for soy sauce. Substitute coconut aminos for hoisin sauce (a bit of sunflower seed butter can also help thicken).

Instructions

Sweet Soy Dipping Sauce

measure + whisk

Kids can measure **3 tablespoons soy sauce**, **1 tablespoon hoisin sauce**, **3 tablespoons honey**, and **3 tablespoons water** into a medium bowl and whisk.

slice + juice

Have kids slice **1 lime** in half and squeeze the juice from both halves into the bowl.

mince + whisk

Then, mince **1 garlic clove** and add it to the bowl. Whisk together! Serve the sauce with the "**Moo Shu**" **Tofu Lettuce Wraps** or other favorite Chinese dishes!

Featured Ingredient: Soy Sauce!

Hi! I'm Soy Sauce!

"I'm used in Asian and many other cuisines. I'm known for my salty, umami flavor. Try dipping your dumplings or sushi in me!"

Soy sauce is a condiment originating in Ancient China 2,200 years ago during the Western Han dynasty

(202 BCE - 9 CE). Soy sauce is made from fermented soybeans, roasted wheat grain, and salt or salt brine. It has a salty, umami, sweet, and slightly bitter taste.

The traditional way of making soy sauce takes months. The soybeans are first soaked in water and then boiled. Wheat is roasted and crushed and added to the boiled soybeans in equal amounts. *Aspergillus* fungus (either *oryzae* or *sojae* species) and brewer's yeast (*Saccharomyces cerevisiae*) are added. The cultured soybean and grain mixture is fermented and brewed using a wet method with salt brine or a dry method using coarse salt.

Soy sauce's dark brown color comes from the breakdown of proteins caused by the *Aspergillus* mold. The flavor comes from the fermentation of sugars into lactic acid, the ethanol produced by the yeast, and the aging process. The semi-liquid fermented grain is put in containers lined with cloth and pressed to separate the solids from the liquid. The resulting liquid is pasteurized by heat and then filtered. At this point, the soy sauce may be aged further or bottled.

Alternatives to soy sauce include liquid aminos, coconut aminos, and tamari.

"Liquid aminos" is made with acid-hydrolyzed soy protein. The process of making it is much quicker and cheaper than brewed soy sauce, taking about three days. Soy sauce made this way has a milder taste and lasts longer. It is free of gluten and wheat since there is no added wheat grain.

"Tamari" is a Japanese soy sauce made with fermented soybeans. It is usually gluten-free, but if you have celiac disease or a wheat allergy or sensitivity, it is best to check labels for ingredients.

"Coconut aminos" is a soy sauce alternative that is free of both soy and wheat. It is made with coconut blossom nectar, water, and salt.

In Hawaii, locals call soy sauce "shōyu," its Japanese name. In Thailand, soft serve ice cream is sometimes topped with Thai sweet soy sauce.

Soy sauce contains some protein. It is high in sodium. Low-sodium soy sauce is available for those following a low-salt diet. There will be some differences in taste.

Soy sauce is used on rice, in stir-fries, marinades, glazes, dipping sauces, and teriyaki sauce. It can be included in soups, stews, and other dishes to add salt and umami flavors.