

Teriyaki Sauce – Version 1

- 30 ml soy sauce
- 60 ml sake
- 24 ml mirin
- 1 T sugar

Serves 2 ⇒ One serving =

| Nutrient | Amount (approx.) |
|---------------|-----------------------------------|
| Calories | 68 kcal |
| Carbohydrates | 8.3 g |
| Sugars | 15 g |
| Protein | 1 g |
| Fat | 0 g |
| Sodium | 750 mg |
| Alcohol | 2–2.5 g (if not fully cooked off) |



Teriyaki Sauce – Version 2

- 50 g brown sugar
- 1½ tsp fresh ginger, minced
- 1 tsp garlic, minced
- 1 T honey
- 1 tsp sesame oil
- 3 T mirin
- 60 ml water mixed with 3 tsp cornstarch

1. Combine all ingredients in a small saucepan
2. Bring to a boil, reduce heat and simmer for **about 4 minutes**.
3. Remove from heat and let cool.
4. Store in the fridge for up to a week. Makes about 1¼ C sauce.