

# Stir-Fry Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium soy sauce		1 cup		2 cups	1. Dissolve cornstarch in soy sauce. Add ginger, granulated garlic, pepper, and sesame oil (optional) to this mixture.
Cornstarch	4 oz	$\frac{3}{4}$ cup 2 Tbsp	8 oz	1 $\frac{3}{4}$ cups	
Ground ginger		$\frac{1}{2}$ tsp		1 tsp	
Granulated garlic		3 Tbsp		$\frac{1}{4}$ cup 2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Sesame oil (optional)		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Beef, chicken, or vegetable stock, non-MSG		2 qt		1 gal	2. Heat beef, chicken, or vegetable stock in pot to the boiling point.  CCP: Heat to 165° F or higher for at least 15 seconds.
					3. Slowly stir in cornstarch-soy sauce mixture and return to boil. Continue cooking until sauce is smooth and thickened. Remove from heat. Use immediately.  CCP: Hold for hot service at 135° F or higher.

SERVING:	YIELD:	VOLUME:
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3 Tbsp (1  $\frac{1}{2}$  oz ladle).

**50 Servings:** about 4 lb 14 oz

**50 Servings:** about 2 quarts 1  $\frac{1}{2}$  cups

**100 Servings:** about 9 lb 12 oz

**100 Servings:** about 1 gallon 3 cups

Edited 2004

## Special Tip:

Makes an excellent dressing for a vegetable stir-fry. Use 1 qt of sauce for each 12 lb of vegetables.

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Nutrients Per Serving					
Calories	15	Saturated Fat	0.02 g	Iron	0.18 mg
Protein	0.47 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	3.12 g	Vitamin A	2 IU	Sodium	204 mg
Total Fat	0.07 g	Vitamin C	0.1 mg	Dietary Fiber	0.1 g