



A Trio of Sauces

April 28, 2022

Here are three sauces that are on heavy rotation in my kitchen. You can use them to dress up a simple chicken dinner (as pictured), or put them on just about anything! Salsa Verde can be combined with $\frac{1}{3}$ cup of mayo to create a killer marinade for the grill. Yangnyeom Sauce is great as a dipper for fried foods, or tossed with noodles and stir fried veggies. Avocado Salsa is a great way to add some spice without being spicy. All are fast, delicious ways to turn a quick meal into a dinner-party-worthy feast!

Italian Salsa Verde

Ingredients:

- 1 Tablespoon capers
 - 2 anchovy filets
 - 3 cloves garlic
 - 1 cup extra virgin olive oil
 - $\frac{1}{4}$ cup fresh parsley, chopped
 - $\frac{1}{4}$ cup arugula, chopped
 - $\frac{1}{4}$ cup basil leaves, chopped
 - $\frac{1}{4}$ cup fresh cilantro, chopped
 - 1 Tablespoon tarragon leaves, chopped
 - 1 Tablespoon minced chives
 - 1 Tablespoon fresh sage, chopped
 - 1 Tablespoon fresh rosemary, chopped
- Kosher salt and freshly ground black pepper

Method:

1. Rinse capers in cold water, then drain. Soak anchovies in cold water for five minutes, then pat dry and remove any bones. Using a mortar and pestle (or a small mixer if you're in a hurry), smash the capers, anchovies, and garlic with 2 Tablespoons of the olive oil until smooth. Transfer to a medium bowl.
2. Add all the herbs and remaining olive oil. The mixture should be chunky, not oily. Season with salt. Serve atop roasted or grilled chicken.

Yangnyeom Sauce

Ingredients:

- ½ cup ketchup
- 2 Tablespoons gochujang
- 2 Tablespoons rice vinegar
- 2 Tablespoons maple syrup
- 1 Tablespoon strawberry jam
- 1 Tablespoon soy sauce
- 1 Tablespoon finely grated garlic
- Freshly ground black pepper

Method:

1. In a small bowl, or liquid measuring cup, whisk the ketchup, gochujang, rice vinegar, maple syrup, strawberry jam, soy sauce and garlic until well combined. Season to taste with pepper.
 2. Use immediately or refrigerate in an airtight container for up to 1 week. This is great as a dipping sauce for any kind of chicken, especially fried, but also brushed over a whole bird after it's been roasted/grilled. Or toss it with crispy tofu or stir-fried vegetables in the last few seconds of cooking.
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Avocado Salsa

Ingredients:

- 1 (16 ounce) jar of tomatillo salsa
- ½ bunch fresh cilantro
- 1 haas avocado
- Juice of 1 lime
- ½ cup water (more or less, depending on desired consistency)
- Salt to taste

Method:

1. Pit and remove the flesh from the avocado. In a blender, combine salsa, cilantro (tender stems are fine here), avocado, lime juice and anywhere between ¼ cup to ½ cup water.
2. Blend to desired consistency, adding more/less water as needed to drizzle. Season with salt to taste, and enjoy.