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| Gastrique | Makes ½ Cup |  |
| ½ cup | Sugar |  |
| ½ cup | Vinegar of choice |  |
| 1 pinch | Salt |  |

1. In a saucepan over med-high heat, stir all the ingredients together. Reduce 40-50% and remove from the heat.

**Optional additions**: ½ cup peeled and diced fruit or 4 Tbsp fruit preserves or 2 tsp citrus zest.

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| **Port Balsamic Reduction** Makes 1 cup | |
| ½ cup | Brown Sugar |
| ½ cup | Balsamic Vinegar |
| 1 cup | Port |
| 1 pinch | Salt |

1. In a saucepan over med-high heat, stir all the ingredients together. Reduce 40-50% and remove from the heat.

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| **Thai Sweet Chili Sauce** Makes 2 cups | |
| 1 cup | Rice Vinegar |
| 1 cup | Water |
| 1 cup | Sugar or Palm Sugar, grated |
| 2-4 each | Thai Chilies, minced or 2-4 Tbsp Chili Paste (such as Sambal) |
| 1-2 clove | Garlic minced |
| 2 tsp | Cornstarch, mixed with 4 tsp water to form a slurry (optional) |

1. Place all the ingredients, except the cornstarch slurry, into a saucepan over med-high to high heat. Bring to a boil, reduce to a simmer, and continue to cook until reduced by about 25-35%.
2. Stir in the cornstarch slurry, if desired, to thicken the texture.

**Pan Sauces**

A pan sauce is basically constructed by deglazing the fond (the caramelized remains of sautéed items or seared meats left in a pan) from a pan with a flavorful liquid, while still on high heat, and finishing by reduction, whisking in demi-glace, butter or cream and a seasoning with salt and pepper. Additions to this sauce can also be: sautéed garlic/shallots/mushrooms, minced herbs, mustard, vinegar, flavored oil, spices, etc.

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