

Barbecue Sauce

- cooking oil
- minced aromatic vegetables (garlic, jalapenos, onions, etc.)
- tomato sauce
- vinegar, and/or alcohol (beer, whiskey, etc.)
- bay leaves
- flavorful sweetener (brown sugar and/or maple syrup, honey, milled cane, molasses, etc.)
- salt
- seasonings (Worcestershire sauce, spices, etc.)

Heat up the cooking oil in the bottom of a pot.

Cook the aromatic vegetables until soft and releasing their aroma.

Add the tomato sauce, and warm up.

From this point on in the recipe, make sure to have a tasting spoon nearby so you know if you have the right balance. (Tasting spoon: a spoon that never touches the pot, but which has small amounts of sauce dribbled into it from the serving spoon, so that the chef can tell what s/he is doing.)

Add any vinegar or alcohol, and bring to a simmer again.

Drop one or more bay leaves in. Let simmer uncovered low for at least 30 minutes, stirring occasionally.

Add your sweeteners, salt and seasonings. Simmer uncovered for at least 15 minutes more.

When ready to serve, remember to remove the bay leaves.

Preparation time: 60 to 180 minutes

– [Subscriptions \(1\)](#)

©1992-2014 by Scott David Gray

Source URL: <http://kitchen.unseelie.org/node/85>