

# Stir-Fry Sauce

Sauces, Condiments & Dressings, G-11

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium soy sauce		1 cup		2 cups	<ol style="list-style-type: none"> <li>1. Dissolve cornstarch in soy sauce. Add ginger, granulated garlic, pepper, and sesame oil (optional) to this mixture.</li> <li>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.</li> <li>3. Slowly stir in corn starch-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.</li> </ol>
Cornstarch	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups	
Ground ginger		1/2 tsp		1 tsp	
Granulated garlic		3 Tbsp		1/4 cup 2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Sesame oil (optional)		1/4 cup		1/2 cup	
Beef, chicken, or vegetable stock, non-MSG		2 qt		1 gal	

## Notes

### Special Tip:

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

Serving	Yield	Volume
3 Tbsp (1 ½ oz ladle)	<b>50 Servings:</b> about 4 lb 14 oz	<b>50 Servings:</b> about 2 quarts 1 ½ cups
	<b>100 Servings:</b> about 9 lb 12 oz	<b>100 Servings:</b> about 1 gallon 3 cups

## Nutrients Per Serving

Calories	15	Saturated Fat	Iron		
Protein		Cholesterol	Calcium	2 mg	
Carbohydrate	3 g	Vitamin A	2 IU	Sodium	204 mg
Total Fat		Vitamin C		Dietary Fiber	