

CULINARY DISCOVERY PAVILION

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MidwestLiving
A DOTDASH MEREDITH BRAND

VIETNAMESE CARAMEL FISH SAUCE

Recipe by: Better Homes & Gardens

Country: Vietnam

INGREDIENTS

- 1 large clove garlic, minced
- 2/3 cup granulated sugar
- 1/3 cup fish sauce
- 2 tsp. crushed red pepper flakes
(can be any kind... Italian, Mexican,
as long as it's in flake form)

INSTRUCTIONS

1. In a small bowl, add the minced garlic to 1/3 cup of hot water. Let it soak for 5 minutes.
2. Heat a small stainless-steel saucepan over high heat and add the sugar. Let it melt and start to turn a faint amber color around the edges, around 30 seconds. Just be careful not to let it burn. You can swirl the pan a bit to help move the sugar around but don't stir it, which will cause crystallization.
3. Once the sugar is melted and just starting to turn color, remove it from the heat and add the garlic-water mixture, the fish sauce, and the red pepper flakes. Stir to combine.
4. Place back over high heat and bring the mixture to a boil, stirring, until all of the sugar is dissolved, about 3 minutes. If any major clumps of sugar remain, you can fish them out with a spoon.
5. Remove from the heat and let cool to room temperature before using.

Note: You can store the caramel in an airtight container in the fridge for a few months. Just microwave it for about 10 seconds to loosen it, or stir in 1 tablespoon of hot water at a time until you've achieved your desired consistency.



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