

Fish Sauce (Vegetarian)

Prep Time: 5 minutes
Cook Time: 15 minutes
Yield: 1 cup (1 Tbsp servings)
Stoargae: 1 month
Freezer: 2 Months

Ingredients

- 1 ¼ cup water
- 1/4 cup dulse
- 1/4 cup dried shiitake mushrooms
- 2 tsp sea salt
- 1 ¼ tsp miso
- 1-2 Tbsp Bragg's Aminos (can sub tamari or coconut aminos)

Instructions

To a small saucepan, add water, dulse, dried shiitake mushrooms, and sea salt. Bring to a boil, then cover, reduce heat, and simmer for 15-20 minutes.

Remove from heat and let cool slightly. Pour liquid through a fine mesh strainer into a bowl, pressing on the mushrooms and dulse with a spoon to squeeze out any remaining liquid.

To the bowl, add miso and Bragg's Aminos. Taste test and adjust as needed, adding more sea salt for saltiness, miso for umami flavor, and/or Bragg's for depth of flavor.

Store in a sealed container in the refrigerator for up to 1 month and shake well before use. Or pour into an ice cube tray, freeze, and store in a freezer-safe container for up to 2 months.

Adapted Minimalist Baker recipe

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