

## Sauces of the World – Part 2 (Green Sauces)

It is rare to find a meal that is not a little better with a sauce for marinating, drizzling, or dipping. Green sauce – there is no one single definition of a green sauce. Almost every cuisine around the world includes a version and usually many versions. These eight iconic green sauces are a great place to master the basics. Stock a batch in the fridge, and pretty much anything you cook will taste better.

Our world tour continues:

- **India:**           **Green Chutney**
- **Thailand:**   **Chile-Herb Dipping Sauce**
- **Yemen:**       **Zhoug**
- **Italy:**          **Any Herb Pesto**

### India: Green Chutney

Cilantro and mint headline together in this earthy Indian green condiment, while ginger and jalapeño give it a gentle heat. Sometimes yogurt is added to thicken the sauce, like in this version below, which is also intensified by the warming Indian spice blend chaat masala. Spoon it on top of your favorite curry for an extra hit of freshness and spice, serve it alongside any grilled vegetable or protein, or dip samosas in it. Ginger sets this sauce apart from all the other green sauces on this list.

Prep Time: 10 minutes

Total Time: 10 minutes

Servings: (2-Tbsp servings)

Storage: 5 days in airtight container in refrigerator

Author: Chef Chandra, Cooking with Chef Chandra

### INGREDIENTS

- 1 (1 ½) - inch piece ginger, peeled, chopped
- 1 jalapeño, seeds removed, chopped
- 1 1/2 cups cilantro leaves (aprx one large bunch or two small ones)
- 1 1/2 cups mint leaves
- 1/3 cup plain whole-milk Greek yogurt or non-dairy yogurt
- 4 teaspoons fresh lemon juice
- 4 teaspoons vegetable oil
- 1 teaspoon chaat masala
- Kosher salt

### PREPARATION

Pulse ginger, jalapeño, cilantro, mint, yogurt, lemon juice, oil, and chaat masala in a food processor until smooth; season with salt.

*Adapted Gunpowder Indian Restaurant recipe*

## Thailand: Chile-Herb Dipping Sauce

An entire book could be written about the broad range of Thai chile-herb sauces, but this version is a great place to start. While Italian pesto gets its thickness from ground nuts, this Thai chile-herb sauce gets its body from pulverized toasted rice. Whole dried chiles also get toasted to release their richest flavor, then ground into flakes. Here we leave the world of olive oil behind: lime juice and fish sauce form the funky-tangy liquid base of this green sauce. A bit of honey balances everything out, and chopped cilantro and mint co-star as our green herb sweethearts, with some chopped scallion for extra intrigue. Yes, it is a great dipping sauce for dumplings or skewers or fresh summer rolls, but it is also great drizzled over any grilled or roasted vegetable or protein you desire.

Prep Time: 10 minutes

Total Time: 10 minutes

Yield: 2/3 cup

Storage: 7 days in airtight container in refrigerator

Author: Chef Chandra, Cooking with Chef Chandra

### INGREDIENTS

- 1 TBSP jasmine or other long-grain rice
- 6 to 8 dried whole Thai chiles (each about 2-inches long)
- 1 heaping TBSP finely chopped scallion
- 2 TBSP finely chopped fresh mint
- 2 TBSP finely chopped fresh cilantro leaves
- 2 teaspoons honey
- 3 TBSP Thai or Vietnamese fish sauce (*nam pla* or *nuoc mam*) (vegetarian fish sauce recipe attached)
- 1/3 cup fresh lime juice

### PREPARATION

Place the rice in a small skillet over medium heat and cook, shaking the pan, until fragrant and lightly toasted, less than 1 minute. Transfer rice to a spice or coffee grinder and let cool. Process cooled rice until almost powdered, transfer to a small bowl, and reserve.

Place the chiles in the same skillet and cook over medium heat until lightly toasted, 30 to 45 seconds, shaking the skillet to avoid burning. Transfer the chiles to a spice or coffee grinder and let cool. Pulse the grinder until the chiles are coarsely chopped. Transfer the chilies to the bowl with the rice (the rice and the chiles can also be ground separately with a mortar and pestle).

Add the scallion, mint, cilantro, honey, fish sauce, and lime juice to the bowl, stirring to dissolve the sugar. Cover and reserve (the sauce can be made a few hours ahead and kept at room temperature). May be stored in a tightly sealed container in the refrigerator for up to 1 week; however, the bright colors will fade.

Adapted *Lobel's Meat Bible* recipe

## Yemen: Zhoag

This spicy thick green sauce is Yemenite in origin, but it can be found all over Syria, Israel, and other parts of the Middle East, where it's spooned over shakshuka for breakfast and drizzled into falafel sandwiches the rest of the day. It is an easy leap from there to drizzle it over any kind of eggs or spread it in your favorite sandwich.

And that is just for starters: Thin it with some yogurt to make a dip, or with more olive oil to drizzle it over a green salad or a platter of roasted carrots. Parsley and cilantro share the lead in this green sauce while garlic, cumin, and coriander round it out, creating an addictive concoction that you might dream about eating on runny eggs the next morning.

Prep Time: 10 minutes

Total Time: 10 minutes

Yield: 1 ¼ cups

Storage: 5 days in airtight container in refrigerator

Author: Chef Chandra, Cooking with Chef Chandra

## INGREDIENTS

- 2 Hungarian wax peppers, stemmed and coarsely chopped (seeds, optional) (see Cooks' Note below)
- 1 1/2 cups fresh cilantro leaves (aprx one large bunch or two small ones)
- 1 1/2 cups fresh flat-leaf parsley leaves (aprx one bunch)
- 2 cloves peeled garlic
- 1/2 teaspoon kosher salt
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 cup extra-virgin olive oil
- 1 1/2 teaspoons sherry vinegar

## PREPARATION

Combine all the ingredients in a blender and blend until very smooth. You should have a bright green emulsified sauce. Use immediately or cover and refrigerate in an airtight container for up to 5 days.

### Cooks' Note

Suggest using Hungarian wax peppers because they are medium-spicy and have a lot of flesh, which helps give the zhoag some body and texture. If you cannot find these peppers, use jalapeños instead.

Adapted *Soframiz Cookbook recipe*

## Any Herb Pesto

Prep Time: 10 minutes  
Total Time: 10 minutes  
Servings: (2-Tbsp servings)  
Storage: 5 days in airtight container in refrigerator  
Freezer: 1 month  
Author: Chef Chandra, Cooking with Chef Chandra

- 1 large bunch seasonal green herbs: dandelion, cilantro, parsley, basil, arugula. Mixed to taste
- 1 cup Extra Virgin Olive Oil
- 1 Tbsp Miso, Nutritional Yeast or Parmesan
- 1 Lemon, juice, and zest
- 2 Tbsp almond flour / handful of almonds
- 1 clove garlic
- 1 tea Capers or anchovies
- Sea salt, to taste

### Instructions

To a food processor or blender add the coarsely chopped herbs, almonds, garlic, lemon juice and zest, miso, capers and sea salt and blend/mix on high until a loose paste forms.

Add olive oil a little at a time (streaming in while the machine is on if possible) and scrape down sides as needed. Then add 1 Tbsp until desired consistency is reached - a thick but pourable sauce.

Taste and adjust flavor as needed, adding more miso, nutritional yeast or parmesan for cheesy flavor, salt for overall flavor, almonds for “nuttness” or thickness, garlic for bite/zing, or lemon juice for acidity.

Once pesto is in jar for storage, pour a small amount of olive oil on top to create a barrier to prevent oxidation. Store covered in the refrigerator up to 5 days. And or pour into ice cube molds, freeze, and store in the freezer up to 1 month or more.

## 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