



Our latest challenge is to create 100 authentic Asian style dishes. Obviously we could have bought a jar of Black Bean Sauce, but where is the fun in that?!

Ingredients:-

100g of Fermented Black Beans (These are available in Chinese Supermarkets and are really inexpensive)

80ml of Oil

5 Cloves of Garlic, minced

1 Tbsp of fresh Ginger, minced

3 Shallots, finely diced

2 Tbsp of Sugar

2 Tbsp of Shaoxing Rice Wine

2 Tsp of Soy Sauce

¼ Tsp of Five Spice

1 Tsp of Chilli Flakes

Method:-

(1) Rinse and drain the Beans.

(2) Finely chop 2/3 of the Beans, reserving 1/3 whole.

(3) On a low heat, heat the Oil and add the Shallots, Ginger and Garlic.

(4) Sauté into tender and fragrant.

(5) Add the Fermented Black Beans and fry for 2 to 3 minutes.

(6) Pour over the Soy Sauce, Shaoxing Wine, Five Spice, Chilli Flakes and Sugar.

- (7) Cook to reduce until the Sauce has thickened.
- (8) Cool and transfer to an air tight jar.

This is a very concentrated foundation sauce.