

Spicy Asian-style plum sauce



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Preparation: about 15 minutes
Cooking: about 35 minutes
Makes 4 cups

This sauce teams very well with grilled chicken, fish or lamb. For a extra spicy sauce, add an extra chilli.

1¼ cups caster sugar
½ cup water
1 long red chilli, deseeded and finely sliced
¼ cup fish sauce
1.5 kg plums, halved, deseeded and cut into wedges
2 tbs hoisin sauce

1. Heat the sugar and water in a heavy based non-stick frying pan over medium heat, stirring constantly until sugar dissolves. Add chilli and simmer, without stirring but swirling pan occasionally, for 10 minutes or until slightly golden.
2. Add fish sauce, plums and hoisin sauce. Cook, uncovered and stirring occasionally to dissolve any caramelized sugar, for 20 minutes until plums are tender. Cool.
3. Store in an airtight container in the fridge for up to 2 weeks.



Plums

- A good source of dietary fibre, which helps keep the intestine healthy and prevent constipation.
- Provide small amounts of minerals and vitamins, including vitamin C which is important for protection against infection.
- The purple skin on plums is a source of pigments called anthocyanins that are being studied for their potency as antioxidants.

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