

Janice Janostak's Tumeric Sauce / Dressing

This is the sauce I made for a cooking demo on "Thinking Green", a Metrocast cable access show in New London hosted by Ronna Stuller. Extremely versatile, I've used it over mushrooms and assorted veggie spears on both the stovetop and in the oven; or try it over chicken, pork or fish. It also makes a very good, light and flavorful salad dressing, or try as a marinade.

1/4 cup organic EV olive oil

3 small satsuma mandarins, or 1 regular-sized tangerine, orange, etc.

2 T gluten-free reduced-sodium soy sauce

1 T ground tumeric

1 T cumin

1 tea coriander

1 garlic clove, crushed and finely minced

1 T unfiltered organic apple cider vinegar

1- 2 T maple syrup, or to taste

pinch of cumin seed (optional)

few pinches of finely ground sea salt and black pepper, to taste

pinch of cayenne

squirt of organic ketchup

Blend all ingredients in a small bowl or measuring cup; adjust seasonings as to taste; emulsify with a whisk. Can be used immediately or, stored in the fridge in a jar with a tight lid; shake jar vigorously to blend ingredients again. Makes about 3/4 cup.