

# pear and plum sauce marinade

## ingredients

- 1 large pear, peeled and cored
- 1 ripe plum, deseeded
- 1 onion
- 4 cloves garlic, crushed
- 2 dried chillies, optional
- 1/3 cup light soy sauce
- 1 tablespoon sugar
- 1 teaspoon sesame oil
- 4 tablespoons vegetable oil
- 1/2 teaspoon white pepper

## method

1. Blend all ingredients into a smooth paste.

### Or... make into a stir-fry sauce!

1. In a saucepan, heat 3 tablespoons of vegetable oil.
2. Add in paste, bring to a gentle sizzle.
3. Turn down heat, let simmer for 10-15 minutes or until sauce is caramelised. Stir occasionally.
4. Let cool. Once cooled, store in an airtight jar.
5. Use 5 or 6 tablespoons for a quick meat and veggie stir-fry. Also ideal as a stir- through sauce for hot noodles. Sauce will keep longer when stored in a sterilised jar.

## ideal marinade for...

- Thinly sliced beef
- Chicken
- Pork
- Ribs
- Lamb chops
- Chicken wings

Thinly sliced meats only need 30 minutes to 1 hour of marinating. Steak cuts need at least 4 hours.



Cooked Sauce