

Braai basting sauce



Preparation time: 5 min

Cooking time: 2 min

A flavoursome sauce that helps to keep meat moist during cooking and enhances its flavour. For red meat and chicken.

Ingredients

- 80g treacle sugar
- 80ml soy sauce
- 60ml balsamic vinegar
- 2 bay leaves
- 1Tbs paprika

- 1/2tsp peri-peri
- 1tsp garlic flakes
- 1Tbs mixed dried herbs
- 1Tbs tomato paste

Method

In a saucepan, heat the sugar, soy and balsamic vinegar over

moderate heat.

Allow the sugar to dissolve before adding the remaining ingredients. Cook the sauce for 2 minutes or until thickened. Allow to cool down.

Baste meat on the braai regularly. Turn meat regularly to prevent the basting sauce from scorching.