

How To Make Fermented Sriracha Sauce

Hands-on 15 minutes Overall 7 days

Nutritional values (per serving/ 1 tbsp/ 15 g/ 0.5 oz): Total carbs: 1.7 g, Fiber: 0.3 g,

Net carbs: 1.4 g, Protein: 0.4 g, Fat: 0.1 g, Calories: 15 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 1 jar/ ~ 2 cups)

Before fermentation:

1 lb/ 450 g red chilies of choice

1 medium red bell pepper (120 g/ 4.2 oz)

6 cloves garlic

1/3 cup apple cider vinegar or coconut vinegar (80 ml/ 3 fl oz)

1 1/2 tsp salt (I like pink Himalayan)

After fermentation:

2 tbsp fish sauce

2 tbsp extra virgin olive oil

Optional: 1/4 cup Sukrin Gold or Erythritol or SweetLeaf (40 g/ 1.4 oz)

or 10-15 drops liquid stevia (I like SweetLeaf or NuNaturals)

4. Blend until combined for just a few seconds. Pour through a fine mesh sieve and let the mixture drain. You don't have to force it through, just let it drip to remove the excess juices. Store the thick Sriracha sauce in a sealed jar in the fridge for up to 4 months. Pour the leftover chili juice from the bowl into small jars, refrigerate and use just like tabasco!

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Instructions

1. You can use any chilies depending on your preferred heat scale - just make sure you use red chilies. I used jalapeño chilies (mild), serrano chilies (mild) and Thai chilies (hot).
2. Before you start, **make sure you wear protective gloves**. Trust me, I know what I'm talking about. If you don't wear gloves, your hands will burn for hours - or even days like they did in my case :-)
Wash the chilies and bell pepper. Cut off the stems and halve. Remove the membranes and seeds and discard. Peel and roughly chop the garlic. Add the chilies, bell pepper, garlic, vinegar and salt into a food processor and blend until pureed. The consistency should be similar to a smoothie.
3. Pour the sauce into a sterilised 1-quart glass jar. Cover the top with a piece of cheesecloth and secure with a kitchen string or a rubber band. Place in a cool, dark place like a cupboard for 4-7 days. The sauce will get foamy and bubbly on top. You can start tasting the sauce in 4 days and you can leave it ferment for up to 7 days like I did. When done, pour into a food processor, add olive oil, fish sauce, and sweetener (if used).