JAPANESE · SAUCE

Homemade Ponzu (Japanese Citrus Soy Sauce)

20 min · plus 1–7 days steeping Makes 44 × 2 tbsp 23 kcal a portion

Video 3:21 · Cooking with Chef Dai

Pescatarian | No dairy listed | No nuts listed

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Lemon, orange and rice vinegar stretch the soy sauce: 2 tbsp of ponzu have about 22 kcal and 3.5 g of carbs (about 2 g of sugar from the mirin), with a third of the soy of a straight soy dip. Still salty at about 530 mg sodium, so use it for dipping.

Diet notes: Low saturated fat (0 g, 0% of the energy); Gluten-free with a swap: Use tamari instead of soy sauce to keep it gluten-free.

Ingredients 9 · MAKES 44 × 2 TBSP

- [ ] **Lemon juice**: juice of 5 large lemons (about 300 ml)
- [ ] **Orange juice**: juice of 1 orange (about 50 ml)
- [ ] 200 ml **mirin**
- [ ] 200 ml **sake**, flamed off
- [ ] 400 ml **dark soy sauce**
- [ ] 10 g **dashi kombu** (strained out)
- [ ] a large handful of **dried bonito flakes** (strained out)
- [ ] 200 ml **rice vinegar**
- [ ] 50 ml **yuzu seasoning** (or 50 ml more lemon juice)

Allergens found in the listed ingredients: Gluten, Fish, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Peel the lemons and orange (freeze the peel for another dish), halve them and squeeze the juice into a bowl. Set aside. 0:18
2. Pour the mirin and sake into a saucepan and bring to the boil over high heat, then carefully set it alight to burn off the alcohol. 0:58
3. When the flames die out, add the soy sauce and kombu, bring back to a simmer, then turn off the heat. 1:10
4. Pour into a large bowl and add a big handful of bonito flakes. When cool, stir in the rice vinegar, the squeezed citrus juice and the yuzu seasoning (or extra lemon juice). 1:26
5. Cover and leave in a cool, dark place for at least 24 hours (Chef Dai leaves it about a week). Strain through a sieve lined with muslin or kitchen paper, bottle and keep in the fridge for months. 2:04

> **Tip** Use as a dipping sauce for shabu shabu, sashimi, grilled fish, seared beef or gyoza, or as a quick dressing. Makes about 1.3 litres; halve it for a smaller bottle.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you 1 OF 44 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
23 kcal	0.9 g	3.6 g	0.1 g	0.1 g	530 mg
90 kJ	2% of a day	3.5 g net · 2.7 g sugars	0% of a day	0 g saturated	23% of a day
		1% of a day		0% of a day	

Energy from net carbs 76% · protein 19% · fat 5%

Recipe and video: Cooking with Chef Dai (@CookingwithChefDai) on YouTube — youtube.com/watch?v=6XEKh4Ubwqc, published 30 April 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/homemade-ponzu-citrus-soy-sauce