



Delicious Homemade Stir Fry Sauce Recipe

Introduction

If you're looking to elevate your stir fry dishes, this stir fry sauce recipe from Love and Lemons is a perfect choice. Packed with flavor and easy to prepare, this sauce will bring your vegetables and proteins to life. Whether you're making a quick weeknight dinner or prepping an elaborate feast, this versatile sauce can enhance any stir fry meal.

Detailed Ingredients with measures

Water: $\frac{1}{2}$ cup

Low-sodium soy sauce: $\frac{1}{3}$ cup
Honey or brown sugar: 1 tablespoon
Rice vinegar: 1 tablespoon
Toasted sesame oil: 2 teaspoons
Garlic cloves, grated: 2
Fresh ginger, grated: 2 teaspoons
Cornstarch: 1 tablespoon
Red pepper flakes (optional): $\frac{1}{2}$ teaspoon

Prep Time

10 minutes

Cook Time, Total Time, Yield

Cook Time: 5 minutes

Total Time: 15 minutes

Yield: About 1 cup of sauce, suitable for 4 to 6 servings

Instructions

1. In a medium bowl, whisk together the water, soy sauce, honey, rice vinegar, sesame oil, garlic, ginger, cornstarch, and red pepper flakes, if using.
2. Use in any stir fry, cooking over medium-high heat until the sauce thickens slightly.

This stir fry sauce can be stored in an airtight container in the refrigerator for up to a week, or frozen for up to 3 months. Enjoy adding

a splash of flavor to your next stir fry!

Detailed Directions and Instructions

Step 1: Combine Ingredients

In a medium bowl, whisk together the water, low-sodium soy sauce, honey or brown sugar, rice vinegar, toasted sesame oil, grated garlic, grated fresh ginger, cornstarch, and red pepper flakes (if using).

Step 2: Prepare for Cooking

Set the sauce aside and prepare your stir fry ingredients, including vegetables and proteins of your choice.

See also [Poulet Basquaise](#)

Step 3: Cook Stir Fry

In a skillet or wok, heat your choice of oil over medium-high heat. Add the stir fry ingredients and cook until they are tender.

Step 4: Add Sauce

Pour the prepared stir fry sauce over the ingredients in the skillet. Stir well to ensure even coating.

Step 5: Thicken the Sauce

Continue cooking while stirring for a few minutes until the sauce thickens slightly to your desired consistency.

Step 6: Serve

Remove from heat and serve the stir fry immediately, enjoying it over rice or noodles if desired.

Notes

Storage

This recipe yields about 1 cup of stir fry sauce, ideal for serving 4 to 6 people.

Refrigeration

The sauce can be stored in an airtight container in the refrigerator for up to one week.

Freezing

It can also be frozen for up to three months for future use.

Flavor Adjustments

Feel free to adjust the sweetness or spice level by altering the amount of honey or red pepper flakes.



Delicious Homemade Stir Fry Sauce Recipe

Cook techniques

Whisking

Start by whisking the ingredients together in a bowl to ensure they are properly combined. This helps to emulsify the sauce and distribute the flavors evenly.

Combining Ingredients

When mixing the sauce, consider adding the cornstarch with the liquids to avoid clumping. This ensures a smoother texture in the final sauce.

Thickening the Sauce

Cook the stir fry sauce over medium-high heat. The heat activates the cornstarch, thickening the sauce as it cooks. Stir constantly to prevent burning.

Adjusting Flavor

Taste the sauce after cooking to adjust the flavors. If you prefer it sweeter, add more honey or sugar. For tanginess, consider increasing the amount of rice vinegar.

See also Italian Hamburger Soup

Storage Tips

Store any leftover sauce in an airtight container in the refrigerator for up to one week. It can also be frozen for longer preservation, up to three months.

FAQ

Can I use regular soy sauce instead of low-sodium?

Yes, you can use regular soy sauce, but the sauce will be saltier. Consider using less soy sauce to maintain a balanced flavor.

Is there a substitute for honey in this recipe?

Yes, brown sugar or maple syrup can be used as a substitute for honey for sweetness.

How can I make this sauce spicier?

Add more red pepper flakes or a dash of hot sauce to increase the heat of the stir fry sauce.

Can I use this sauce for marinades?

Absolutely! This stir fry sauce works well as a marinade for meats and vegetables before cooking.

How do I know when the sauce has thickened enough?

The sauce should coat the back of a spoon lightly and have a glossy appearance when it has thickened appropriately.

Conclusion

This homemade stir fry sauce elevates your dishes with a harmonious balance of savory, sweet, and tangy flavors. It's a versatile addition that complements a variety of vegetables and proteins, making it an excellent choice for quick and delicious meals. You can easily store it for future use, ensuring that you always have a flavorful sauce on hand.

More recipes suggestions and combination

Vegetable Stir Fry

Toss your favorite vegetables such as bell peppers, broccoli, and snap peas in the stir fry sauce for a quick and healthy dish.

Chicken Stir Fry

Use the sauce to marinate chicken pieces before stir-frying for an

aromatic and flavorful meal that's perfect over rice or noodles.

See also [Bacon Chicken Alfredo English Muffins](#)

Tofu Stir Fry

Stir fry cubed tofu with the sauce for a delicious vegetarian option that absorbs all the wonderful flavors.

Shrimp Stir Fry

Quickly cook shrimp with the stir fry sauce, adding a splash of lemon for a zesty finish that pairs well with noodles.

Beef and Broccoli

Combine sliced beef with broccoli and the stir fry sauce for a classic dish that's always a crowd-pleaser.

Quinoa Stir Fry Bowl

Mix quinoa with assorted vegetables and the sauce for a wholesome grain bowl packed with nutrients and flavor.



Delicious Homemade Stir Fry Sauce Recipe



Delicious Homemade Stir Fry Sauce Recipe