

# Fruity Dipping Sauce

Fruit

Dips, Sauces, and Toppings

C-02

| Ingredients                       | 25 Servings |            | 50 Servings |             | Directions  |
|-----------------------------------|-------------|------------|-------------|-------------|---|
|                                   | Weight      | Measure    | Weight      | Measure     |   |
| Canned peaches, in syrup, drained | 1 lb 11 oz  | 3 1/2 cups | 3 lb 6 oz   | 1 qt 3 cups | 1. Drain peaches, reserving syrup. Puree drained peaches in blender, or mash, or finely dice. Set aside.<br>2. Combine soy sauce, vinegar, and reserved peach syrup. Dissolve cornstarch in this mixture. |
| Soy sauce                         |             | 1 tsp      |             | 2 tsp       |   |
| Vinegar                           |             | 1 tsp      |             | 2 tsp       | 3. Over medium heat, boil the additional peach syrup. Add cornstarch mixture. Add brown sugar and ginger (optional). Simmer for 3 to 5 minutes to thicken.  |
| Reserved peach syrup              |             | 1 cup      |             | 2 cups      |   |
| Cornstarch                        |             | 2 Tbsp     |             | 1/4 cup     |   |
| Additional reserved peach juice   |             | 3/4 cup    |             | 1 1/2 cups  | 4. Add cornstarch mixture to pureed peaches. Cover and chill for at least 2 hours. Keep refrigerated until ready to serve.  |
| Brown sugar, packed               | 4 oz        | 1/2 cup    | 8 oz        | 1 cup       |   |
| Ginger (optional)                 |             | 1/8 tsp    |             | 1/4 tsp     |   |

| SERVING:                         | YIELD:                        | VOLUME:                         |
|----------------------------------|-------------------------------|---------------------------------|
| 2 Tbsp provides 1/8 cup of fruit | <b>25 Servings:</b> 2 lb 8 oz | <b>25 Servings:</b> 1 qt 1 cup  |
|                                  | <b>50 Servings:</b> 5 lb      | <b>50 Servings:</b> 2 qt 2 cups |

Special Tip:  
This may be used as a dipping sauce for fish or chicken nuggets.

| Nutrients Per Serving |      |                      |              |                      |       |
|-----------------------|------|----------------------|--------------|----------------------|-------|
| <b>Calories</b>       | 42   | <b>Saturated Fat</b> | 0 g          | <b>Iron</b>          | .2 mg |
| <b>Protein</b>        | 0 g  | <b>Cholesterol</b>   | 0 mg         | <b>Calcium</b>       | 7 mg  |
| <b>Carbohydrate</b>   | 11 g | <b>Vitamin A</b>     | 20 RE/198 IU | <b>Sodium</b>        | 18 mg |
| <b>Total Fat</b>      | 0 g  | <b>Vitamin C</b>     | 2 mg         | <b>Dietary Fiber</b> | 1 g   |