



The secret sauce

20 minutes

Hands on

1 Jar (300 ml)

Portion(s)

1

Difficulty



Ingredients

- 1 tablespoon olive oil (extra virgin Greek olive oil)
- 1 onion, small
- 3 cloves of garlic
- 250 g brown sugar
- 180 ml water
- 270 ml pineapple juice
- 100 ml [teriyaki sauce](#)
- 35 ml Jack Daniels
- juice from 1 lemon
- ½ teaspoon chili flakes
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per 100 gr.

571 Calories (kcal)	4.6 Total Fat (g)	0.6 Saturated Fat (g)	126.0 Total Carbs (g)
29%	7%	3%	48%
123.0 Sugars (g)	2.8 Protein (g)	0.9 Fibre (g)	2.9 Sodium (g)
137%	6%	4%	48%

Method

- Place a pan over medium heat and let it get very hot.
- Finely chop the onion and garlic cloves.
- Add the olive oil, onion and garlic to the pan.
- Sauté for about 2 minutes, until nicely caramelized.
- Add the sugar and let it melt. Stir with a wooden spoon.
- Add the water, pineapple juice and teriyaki sauce.
- Cook for 5-7 minutes, until the mixture begins to boil and reduces to half its previous volume.
- Finally, add the Jack Daniels, lemon juice, chili flakes, salt and pepper.
- Stir and cook for 10-15 minutes, until the sauce thickens and takes on a syrup-like consistency.
- Remove from heat and serve.