



## Sweet Chili Dipping Sauce

By Erin Fletter

**Prep Time** 10 / **Cook Time** 5 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**mince:** to chop into teeny tiny pieces.

**peel:** to remove the skin or rind from something using your hands or a metal tool.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**thicken:** to make a liquid mixture thicker by adding a thickening agent, like flour, cornstarch, or arrowroot powder, or by reducing the amount of liquid through boiling.

### Equipment

- Medium skillet or saucepan
- Spoon (to peel ginger)
- Zester (or grater with small zesting plate/side)
- Cutting board
- Kid-safe knife
- Liquid measuring cup
- Dry measuring cups
- Measuring spoons
- Wooden spoon
- Small bowl

## Ingredients

### Sweet Chili Dipping Sauce

- 1 inch piece fresh ginger OR 1/4 tsp dried ginger
- 1 garlic clove
- 1/2 C rice vinegar
- 1/2 C water
- 1/3 C sugar
- 2 tsp ketchup
- optional: 1 teeny tiny pinch chili flakes (2 or 3 flakes at the most!) **\*\*(Omit for NIGHTSHADE ALLERGY)\*\***
- 2 tsp cornstarch + 2 tsp cold water

## Food Allergen Substitutions

### Sweet Chili Dipping Sauce

**Nightshade:** Omit optional chili flakes.

## Instructions

### Sweet Chili Dipping Sauce

#### peel + grate

Use the back of a plastic or metal spoon to carefully peel a **1 inch piece of ginger**. Adults: Carefully use a zester or grater with a zesting side to grate the ginger (should give you about 1 tsp of grated ginger).

#### peel + smash + mince

Peel, smash, and mince **1 garlic clove**.

#### stir + simmer

Add **1/2 cup vinegar** and **1/2 cup water** to a medium skillet or saucepan. Bring to a boil and stir in **1/3 cup sugar**, **2 teaspoons ketchup**, the grated ginger, minced garlic, and **2 to 3 red pepper flakes** if using (any more than that and your chili sauce will be very spicy!). Simmer for 3 minutes.

#### scrumptious science

Cornstarch will thicken sauces when heated. What happens when liquid heats? Its molecules start moving around rapidly. You can see this when water boils. Cornstarch granules bump into and disrupt each other,

allowing them to absorb liquid from their surroundings. When the cornstarch absorbs the liquid, it changes the structure of the sauce, thickening it.

stir + thicken

Stir **2 teaspoons of cornstarch** into **2 teaspoons of water**. Add the cornstarch slurry to the skillet and stir over low heat until the sauce thickens. Remove the sauce from the heat, pour it into a small bowl, and let cool. Serve with **Kid-Invented Fresh Vegetable Spring Rolls!**