

Sweet, Sour & Spicy Stone Fruit Sauce

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Yield: 1 cup (6 servings)

1 cup diced fresh plums, peaches, apricots, nectarines or mango
¼ cup dried mango, soaked
3-6 tablespoons lemon juice
3 tablespoons date syrup (or 3 soaked, pitted dates)
2 red jalapeño peppers, minced *(see note)
2 tablespoons minced red onion
1/2 teaspoon crushed garlic
1 teaspoon grated fresh ginger
1/4 teaspoon cayenne pepper (optional, to taste)
1/4 teaspoon Himalayan crystal salt

1. Using a pepper board over your cutting board, remove the seeds from the jalapeno and mince. Wear gloves is needed.
2. Combine all the ingredients in a high-performance blender and process until smooth.

Storage Suggestion: Stored in a sealed glass container in the refrigerator, Sweet, Sour & Spicy Sauce will last a week.

Variations:

In place of fresh or dehydrated plums, use other kinds of sweet "stone" fruits like mango, peaches, nectarines, or apricots.

Tips:

- If your fresh plums are very ripe and sweet, adjust the sweetener (start with half and adjust).
- For the ginger: peel the skin with the edge of a spoon to prevent waste. The spoon edge will follow the contours more easily.