

Authentic Arawak Bar-B-Q Sauce

Yield: 2 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-take-out-bar-b-q-pork-recipe>

Ingredients:

- 6 green onions chopped
- 3 tablespoons shallots minced
- 2 cloves garlic minced
- 1 teaspoon ground ginger
- 1 tablespoon ground allspice
- 1 teaspoon ground black pepper
- 2 chile peppers scotch bonnet, chopped
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 teaspoon salt
- 1 tablespoon brown sugar
- 1/2 cup fresh orange juice
- 1/2 cup cider vinegar
- 1/4 cup red wine
- 1/4 cup soy sauce
- 1/4 cup vegetable oil
- 1 tablespoon molasses

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 10 milligrams
4. Fat: 31 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 3 grams
8. Sodium: 3170 milligrams

9. Sugar: 17 grams
 10. TransFat: 1 grams
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