

WORCESTERSHIRE SAUCE

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/fish-in-green-sauce-indian-recipe>

Ingredients:

- 2 shallots minced
- 2 cups vinegar
- 3 tablespoons anchovies or anchovy paste
- 3 tablespoons ketchup walnut, or mushroom ketchup
- 2 tablespoons soy sauce
- 1 dash cayenne pepper
- 1/2 cup blackstrap molasses
- 2 pounds beef brisket or more
- 1 cup worcestershire sauce
- 3 onions halved
- 4 stalks celery halved lengthwise
- 4 sprigs rosemary
- 4 bay leaves
- salt
- pepper

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 140 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 51 grams
7. SaturatedFat: 7 grams
8. Sodium: 1660 milligrams
9. Sugar: 36 grams

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