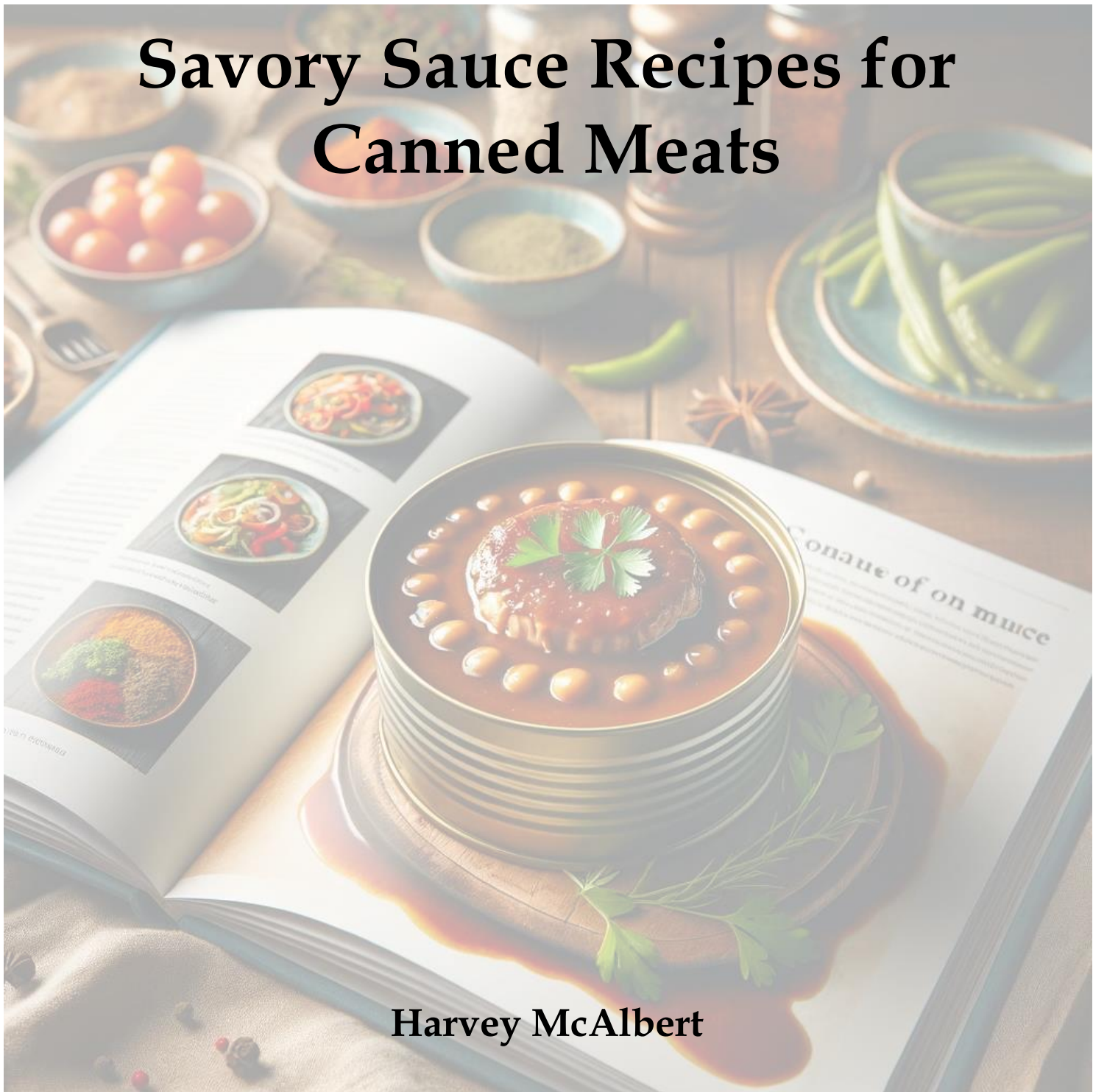


Savory Sauce Recipes for Canned Meats



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Introduction

Welcome to a delightful world of flavors that will transform your canned meats into gourmet delights! This special bonus section is dedicated to bringing you an array of savory sauce recipes, each meticulously crafted to complement and enhance your home-canned meats.

We've carefully selected each sauce to pair perfectly with at least one of the recipes you've encountered in "Canning Meat Cookbook for Beginners". This connection ensures that you can immediately apply these sauces to elevate the dishes you've learned to prepare, creating a harmonious blend of flavors and textures.

Whether you're a novice in the kitchen or a seasoned cook, these sauce recipes are designed to be straightforward, with easily accessible ingredients and simple steps. From the smoky depths of a classic BBQ sauce perfect for your canned pulled pork or chicken, to the rich elegance of a mushroom sauce ideal for beef or game meats, there's something here for every palate.

We understand the joy of home canning and the satisfaction of creating something truly unique and personal. These sauces are more than just condiments; they are a way to infuse your meals with your own touch of culinary artistry. They're about turning your canned meats into a feast for the senses, making ordinary meals extraordinary.

Each recipe in this collection has been chosen for its ability to pair beautifully with a variety of canned meats, elevating simple dishes to something special. Whether you're looking to add a tangy kick, a creamy richness, or a spicy warmth to your meals, these sauces will bring your canned creations to life.

How Homemade Sauces can Elevate the Flavor of Canned Meats

Homemade sauces hold a special power to utterly transform the culinary experience of canned meats. When you pair the hearty, comforting essence of home-canned meats with the vibrant, fresh flavors of a sauce made from scratch, you create a symphony of tastes and aromas that can elevate a simple meal into an extraordinary one.

Canned meats, with their rich, deep flavors, form a perfect canvas for the bright, dynamic profiles of homemade sauces. These sauces can complement the meat's natural taste, enhance its subtleties, or even introduce a delightful contrast that awakens the palate. For instance, a tangy BBQ sauce can add a layer of smokiness and sweetness to pulled pork, while a creamy mushroom sauce can lend an earthy richness to canned beef, enhancing its natural umami.

The beauty of these sauces lies in their freshness and the absence of artificial preservatives or flavors commonly found in store-bought versions. By preparing these sauces yourself, you control the quality of the ingredients, adjusting spices, herbs, and other components to suit your taste preferences and dietary needs. This customization allows you to create a sauce that perfectly complements your canned meats, whether you're aiming for a subtle enhancement or a bold flavor statement.

Moreover, the act of creating a sauce from scratch brings a sense of accomplishment and pride. It's a continuation of the canning journey, where you're not just preserving food but also crafting delicious, wholesome meals for yourself and your loved ones. These homemade sauces don't just add flavor; they add a personal touch to every dish, making each meal a special, memorable experience.

Versatility of Homemade Sauces in Various Dishes

The versatility of homemade sauces extends far beyond their use with canned meats, opening a world of culinary possibilities. These sauces are not just accompaniments; they are transformative elements that can be used in a multitude of dishes, making them invaluable additions to your kitchen repertoire.

1. **Adaptability to Different Meals:** each sauce recipe in this collection is designed to complement a variety of dishes. For example, the classic BBQ sauce, while perfect for canned pulled pork, can also be used as a glaze for grilled vegetables or a flavorful addition to homemade pizza. Similarly, the rich mushroom sauce can elevate simple pasta dishes or be a decadent topping for a baked potato.
2. **Use in Meal Preparations:** these sauces can be incorporated into your meal planning. They can be used as marinades for fresh meats or vegetables, enhancing their flavors before cooking.
3. **Enhancing Leftovers:** homemade sauces can breathe new life into leftovers. A spoonful of spicy tomato sauce can transform yesterday's rice or pasta into today's exciting lunch. The creamy Dijon mustard can turn leftover roast beef into an elegant sandwich spread.
4. **Seasonal Flexibility:** the recipes are adaptable to seasonal ingredients. In summer, fresh herbs can be used in the herb and garlic marinade, while in winter, the addition of preserved or dried herbs can bring warmth and depth to your dishes.
5. **Customization for Dietary Needs:** these sauces can be easily modified to suit various dietary requirements. Ingredients can be substituted to cater to gluten-free, low-sodium, or vegan diets, making these recipes versatile for different health and lifestyle choices.
6. **As a Base for Further Experimentation:** once you are comfortable with the basic recipes, you can experiment by adding different ingredients to create your unique sauce blends. This adaptability encourages creativity and allows you to develop flavors that cater specifically to your taste.

In essence, the versatility of these homemade sauces lies in their ability to adapt to different foods and occasions. They are not just complements to your canned meats but are versatile players in your overall culinary arsenal, enhancing a wide range of dishes and allowing you to express your culinary creativity.

Recipes

Welcome to the flavorful chapter of sauce recipes, a treasure trove of culinary creations designed to perfectly complement and elevate your home-canned meats. In this section, you'll discover a diverse collection of sauces, each meticulously crafted to enhance the flavors of the canned meats you've prepared using the recipes from "Canning Meat Cookbook for Beginners".

From rich and creamy to tangy and spicy, these sauces are not just condiments but key elements that can transform your canned meats into delectable gourmet meals. Each recipe has been carefully selected to pair with specific canned meats, ensuring that every combination is a harmonious fusion of flavors. Whether you're looking to add an extra zing to your chicken, a rich depth to your beef, or a spicy kick to your game meats, these sauces will serve as your culinary companions. They are designed to be versatile, easy to prepare, and adaptable to various tastes and dietary preferences.

Worcestershire Sauce

Degree of difficulty: ★☆☆☆☆

Average expense: \$1-\$2

Preparation time: 15 minutes

Cooking time: 20 minutes simmering

Yield: 2 cups

Ingredients:

- 1/2 cup apple cider vinegar
- 2 tablespoon water
- 2 tablespoon soy sauce
- 1 tablespoon brown sugar
- 1/2 teaspoon ground ginger
- 1/2 teaspoon mustard powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cinnamon
- A pinch of ground cloves
- A pinch of cayenne pepper

Directions:

1. In a medium saucepan, combine all the ingredients. Stir well to ensure that the sugar and spices are fully dissolved.
2. Bring the mixture to a simmer over medium heat.
3. Reduce the heat to low and let it simmer gently for 20 minutes, allowing the flavors to meld together.
4. Once the sauce has thickened slightly and is aromatic, remove it from heat.
5. Let the sauce cool down completely.
6. Strain the sauce through a fine mesh sieve into a sterilized jar or bottle.
7. Store in the refrigerator. The flavor will continue to develop over time.

Per serving (1 tablespoon): Calories: 5kcal; Fat: 0g; Carbs: 1g; Protein: 0.1g

Ketchup

Degree of difficulty: ★☆☆☆☆

Average expense: \$2-\$3

Preparation time: 10 minutes

Cooking time: 60 minutes simmering

Yield: 2 cups

Ingredients:

- 1 can (28 oz) whole peeled tomatoes
- 1/2 cup white vinegar
- 1/3 cup sugar
- 1/4 cup chopped onion
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon mustard powder
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves

Directions:

1. In a blender or food processor, puree the tomatoes until smooth.
2. Transfer the pureed tomatoes to a saucepan and add the rest of the ingredients.
3. Bring the mixture to a simmer over medium heat, stirring frequently.
4. Reduce the heat to low and let it simmer for 1 hour, or until it thickens to your desired consistency, stirring occasionally.
5. Once thickened, taste and adjust the seasoning if necessary.
6. Let the ketchup cool down completely.
7. Pour the ketchup into a sterilized jar or bottle.
8. Store in the refrigerator. The ketchup can be used immediately, but the flavors will deepen and meld over a few days.

Per serving (1 tablespoon): Calories: 15kcal; Fat: 0g; Carbs: 3.5g; Protein: 0.2g

Tomato Sauce

Degree of difficulty: ★☆☆☆☆

Average expense: \$4-\$5

Preparation time: 15 minutes

Cooking time: 120 minutes simmering

Yield: 3 cups

Ingredients:

- 2 cans (28 oz each) whole peeled tomatoes
- 1/4 cup olive oil
- 1 medium onion, finely chopped
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes (optional)
- 1 tablespoon sugar (optional, to taste)

Directions:

1. In a large pot, heat the olive oil over medium heat. Add the chopped onion and cook until translucent, about 5 minutes.
2. Add the minced garlic and cook for another minute until fragrant.
3. Crush the whole peeled tomatoes with your hands or a potato masher and add them to the pot, including their juice.
4. Stir in the salt, black pepper, dried basil, dried oregano, and red pepper flakes.
5. Bring the sauce to a simmer and reduce the heat to low. Let it simmer gently, uncovered, for about 2 hours, stirring occasionally. The sauce will thicken and reduce in volume.
6. Taste and adjust the seasoning, adding sugar if desired to balance acidity.
7. Once the sauce reaches the desired consistency, remove it from heat and let it cool.
8. Store the cooled sauce in sterilized jars in the refrigerator.

Per serving (1/2 cup): Calories: 70kcal; Fat: 3.5g; Carbs: 9g; Protein: 1.5g

Soy Sauce

Degree of difficulty: ★★☆☆☆

Average expense: \$2-\$3

Preparation time: 20 minutes

Cooking time: 120 minutes simmering

Yield: 2 cups

Ingredients:

- 1 cup boiling water
- 4 tablespoons beef bouillon granules (or vegetable for a vegetarian version)
- 4 tablespoons balsamic vinegar
- 2 tablespoons dark molasses
- 1 tablespoon apple cider vinegar
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1 teaspoon salt

Directions:

1. In a medium saucepan, dissolve the beef bouillon granules in boiling water.
2. Add the balsamic vinegar, dark molasses, apple cider vinegar, ground ginger, garlic powder, black pepper, and salt to the saucepan.
3. Bring the mixture to a simmer over medium heat and then reduce the heat to low.
4. Allow the mixture to simmer gently for about 2 hours, or until it reduces by half and thickens to a soy sauce-like consistency.
5. Once reduced, remove the saucepan from the heat and let the soy sauce cool.
6. Strain the soy sauce through a fine mesh sieve or cheesecloth into a sterilized jar or bottle.
7. Store in the refrigerator for up to a month.

Per serving (1 tablespoon): Calories: 10kcal; Fat: 0g; Carbs: 2g; Protein: 0.5g

Hoisin Sauce

Degree of difficulty: ★☆☆☆☆

Average expense: \$1-\$2

Preparation time: 10 minutes

Cooking time: no cooking required

Yield: 1 cup

Ingredients:

- 4 tablespoons soy sauce
- 2 tablespoons peanut butter or black bean paste
- 1 tablespoon honey or molasses
- 2 teaspoons white vinegar
- 1/8 teaspoon garlic powder
- 2 teaspoons sesame oil
- 1 teaspoon Chinese five-spice powder
- 1/2 teaspoon black pepper

Directions:

1. In a small bowl, whisk together the soy sauce and peanut butter or black bean paste until smooth.
2. Add the honey or molasses and white vinegar to the mixture and continue whisking.
3. Stir in the garlic powder, sesame oil, Chinese five-spice powder, and black pepper, mixing well to ensure all ingredients are fully combined.
4. Taste the sauce and adjust seasoning if necessary.
5. Transfer the sauce to a sterilized jar or bottle.
6. The sauce can be used immediately or stored in the refrigerator for up to 2 weeks.

Per serving (1 tablespoon): Calories: 25kcal; Fat: 1g; Carbs: 3g; Protein: 1g

Sour Cream

Degree of difficulty: ★☆☆☆☆

Average expense: \$1-\$2

Preparation time: 5 minutes (plus 24 hours of fermentation)

Cooking time: no cooking required

Yield: 1 cup

Ingredients:

- 1 cup heavy cream
- 1/4 cup buttermilk or plain yogurt with live active cultures

Directions:

1. In a clean jar, combine the heavy cream and buttermilk or yogurt. Stir well to mix.
2. Cover the jar with a piece of cheesecloth or a clean kitchen towel. Secure it with a rubber band or string.
3. Let the jar sit at room temperature (70-75°F or 21-24°C) for 24 hours. The cream will thicken and develop a tangy flavor as it ferments.
4. After 24 hours, stir the sour cream and check the consistency. If it's reached the desired thickness, cover it with a lid and refrigerate.
5. The sour cream can be stored in the refrigerator for up to 1 week.

Per serving (1 tablespoon): Calories: 50kcal; Fat: 5g; Carbs: 1g; Protein: 0.5g

Chimichurri Sauce

Degree of difficulty: ★☆☆☆☆

Average expense: \$1-\$2

Preparation time: 10 minutes

Cooking time: no cooking required

Yield: 1 cup

Ingredients:

- 1 cup fresh parsley, finely chopped
- 4 cloves garlic, minced
- 1/2 cup olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes
- Salt and black pepper to taste

Directions:

1. In a mixing bowl, combine the finely chopped parsley and minced garlic.
2. Add the olive oil, red wine vinegar, and lemon juice to the parsley mixture. Stir well to combine.
3. Mix in the dried oregano and red pepper flakes. Season with salt and black pepper according to your taste preference.
4. Let the chimichurri sauce sit for at least 10 minutes to allow the flavors to meld together.
5. Transfer the sauce to a sterilized jar or container.
6. The chimichurri sauce can be used immediately or stored in the refrigerator for up to 1 week.

Per serving (1 tablespoon): Calories: 60kcal; Fat: 6g; Carbs: 1g; Protein: 0g

Barbecue Sauce

Degree of difficulty: ★☆☆☆☆

Average expense: \$1-\$2

Preparation time: 10 minutes

Cooking time: 20 minutes simmering

Yield: 2 cups

Ingredients:

- 1 cup ketchup
- 1/2 cup apple cider vinegar
- 1/2 cup brown sugar
- 1/4 cup honey
- 1 tablespoon Worcestershire sauce
- 1 tablespoon lemon juice
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground mustard
- Salt and black pepper to taste

Directions:

1. In a medium saucepan, combine the ketchup, apple cider vinegar, brown sugar, honey, Worcestershire sauce, and lemon juice. Stir well.
2. Add the smoked paprika, garlic powder, onion powder, and ground mustard to the saucepan. Season with salt and black pepper.
3. Bring the mixture to a simmer over medium heat, stirring occasionally.
4. Reduce the heat and let the sauce simmer gently for about 20 minutes, or until it thickens to your desired consistency.
5. Taste the sauce and adjust the seasoning if necessary.
6. Once the barbecue sauce is ready, let it cool down.
7. Transfer the sauce to a sterilized jar or bottle.
8. The sauce can be used immediately or stored in the refrigerator for up to 2 weeks.

Per serving (1 tablespoon): Calories: 35kcal; Fat: 0g; Carbs: 9g; Protein: 0g

Dry Mustard

Degree of difficulty: ★☆☆☆☆

Average expense: \$1-\$2

Preparation time: 5 minutes

Cooking time: no cooking required

Yield: 1/2 cup

Ingredients:

- 1/4 cup ground mustard seeds
- 1 tablespoon ground turmeric
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground paprika (optional for color and mild heat)

Directions:

1. In a small bowl, mix together the ground mustard seeds and ground turmeric until well combined.
2. Add the garlic powder, onion powder, salt, and ground paprika (if using) to the mustard mixture. Stir until all the ingredients are thoroughly blended.
3. Taste the dry mustard and adjust any ingredients as desired for flavor balance.
4. Transfer the homemade dry mustard to a small, airtight container or spice jar.
5. Store in a cool, dry place. The dry mustard will retain its potency and flavor for several months.

Per serving (1 tablespoon): Calories: 5kcal; Fat: 0g; Carbs: 0.5g; Protein: 0.5g

Dijon Mustard

Degree of difficulty: ★★☆☆☆

Average expense: \$2-\$3

Preparation time: 10 minutes

Cooking time: no cooking required

Yield: 1 cup

Ingredients:

- 1/2 cup mustard seeds (mix of yellow and brown)
- 1/3 cup white wine
- 1/3 cup white wine vinegar
- 1 tablespoon honey
- 2 cloves garlic, minced
- 1 teaspoon salt
- 2 tablespoons water (more if needed)

Directions:

1. In a small bowl, soak the mustard seeds in white wine and white wine vinegar. Cover and let it sit for 48 hours, allowing the seeds to soften and absorb the liquids.
2. After 48 hours, transfer the soaked mustard seeds and liquid to a food processor.
3. Add honey, minced garlic, and salt to the food processor.
4. Blend the mixture until smooth, adding water as needed to reach your desired consistency.
5. Taste and adjust the seasoning if necessary.
6. Transfer the Dijon mustard to a sterilized jar or container.
7. Store in the refrigerator for up to 2 weeks. The flavor will continue to develop over time.

Per serving (1 tablespoon): Calories: 20kcal; Fat: 1g; Carbs: 2g; Protein: 1g

Heavy Cream

Degree of difficulty: ★☆☆☆☆

Average expense: \$0.5-\$1

Preparation time: 5 minutes

Cooking time: no cooking required

Yield: 1 cup

Ingredients:

- 2/3 cup whole milk
- 1/3 cup unsalted butter

Directions:

1. Melt the unsalted butter gently in a small saucepan or in the microwave. Be sure not to overheat or burn the butter.
2. Pour the whole milk into a mixing bowl.
3. Slowly add the melted butter to the milk while whisking continuously.
4. Keep whisking until the mixture is well combined and has a uniform consistency.
5. The homemade heavy cream is now ready to use. It can be used immediately or stored in the refrigerator for up to 2 days.
6. Before using refrigerated homemade heavy cream, give it a good stir or shake as it may separate slightly when chilled.

Per serving (1 tablespoon): Calories: 60kcal; Fat: 6g; Carbs: 0.5g; Protein: 0.5g

Fish Sauce

Degree of difficulty: ★★☆☆☆

Average expense: \$4-\$5

Preparation time: 15 minutes

Cooking time: no cooking required

Yield: 2 cups

Ingredients:

- 1-pound small fish or fish scraps (like anchovies, sardines, or mackerel), finely chopped
- 2 cups sea salt
- 2 cups water (optional, to cover)

Directions:

1. In a large bowl, thoroughly mix the chopped fish with the sea salt.
2. Transfer the salt and fish mixture to a clean, wide-mouthed glass jar.
3. Press down the mixture firmly to remove any air pockets. If needed, add enough water to cover the fish.
4. Cover the jar with a cheesecloth or a breathable lid and secure it with a rubber band.
5. Store the jar in a dark, cool place (not the refrigerator) for at least 3 months. The longer it ferments, the more flavorful the fish sauce will become.
6. Every few weeks, check the mixture and stir it to ensure even fermentation.
7. After the fermentation period, strain the liquid through a fine mesh sieve or cheesecloth into a clean bottle or jar.
8. The homemade fish sauce is now ready to use and can be stored in the refrigerator for up to 6 months.

Per serving (1 tablespoon): Calories: 5kcal; Fat: 0g; Carbs: 0.5g; Protein: 1g

Jerk Seasoning Paste

Degree of difficulty: ★☆☆☆☆

Average expense: \$2-\$3

Preparation time: 10 minutes

Cooking time: no cooking required

Yield: 1 cup

Ingredients:

- 1/4 cup ground allspice berries
- 1/4 cup packed brown sugar
- 6-8 garlic cloves
- 4-6 Scotch bonnet peppers, seeds removed (adjust to heat preference)
- 1 tablespoon ground thyme or 2 tablespoons thyme leaves
- 2 bunches green onions, chopped
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- Salt and black pepper to taste
- 1/4 cup soy sauce to blend

Directions:

1. In a blender or food processor, combine allspice, brown sugar, garlic, Scotch bonnet peppers, thyme, green onions, cinnamon, nutmeg, salt, and black pepper.
2. Pulse the mixture while gradually adding soy sauce until it forms a smooth, thick paste.
3. Adjust seasoning and pepper quantity to suit your taste preference for spice and flavor.
4. Store the jerk seasoning paste in an airtight container or jar.
5. Refrigerate the paste, where it will keep for up to a month.

Per serving (1 tablespoon): Calories: 20kcal; Fat: 0g; Carbs: 4g; Protein: 0.5g

Mushrooms Sauce

Degree of difficulty: ★★☆☆☆

Average expense: \$6-\$7

Preparation time: 15 minutes

Cooking time: 20 minutes

Yield: 2 cups

Ingredients:

- 1-pound fresh mushrooms, finely chopped
- 2 tablespoons unsalted butter
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 cup beef or vegetable broth
- 1 cup heavy cream
- 1 teaspoon fresh thyme, chopped
- Salt and black pepper to taste

Directions:

1. In a large skillet, melt the butter over medium heat. Add the chopped onion and garlic, and sauté until softened.
2. Add the chopped mushrooms to the skillet and cook until they release their moisture and begin to brown.
3. Pour in the broth and bring the mixture to a simmer. Cook for about 10 minutes or until the liquid is reduced by half.
4. Stir in the heavy cream and thyme, and continue to cook for another 10 minutes, or until the sauce thickens.
5. Season with salt and black pepper to taste.
6. Once the sauce is ready, let it cool down before transferring it to a sterilized jar or container.
7. Store the mushroom sauce in the refrigerator for up to a week.

Per serving (1 tablespoon): Calories: 35kcal; Fat: 3g; Carbs: 2g; Protein: 0.5g

Conclusion

As we reach the conclusion of this guide to homemade sauces, it's evident that each carefully crafted recipe has the potential to significantly enhance the flavor profiles of a wide range of dishes. The sauces featured here are designed to complement and elevate the canned meats discussed in "Canning Meat Cookbook for Beginners," showcasing the transformative power of a well-made sauce.

The art of sauce-making is an invaluable skill in any cook's repertoire, offering endless possibilities for flavor experimentation and personalization. We encourage you to use these recipes as a starting point for your own culinary explorations, adapting and modifying them to suit your individual tastes and the ingredients you have available.

Our hope is that this guide inspires you to continue your journey in the kitchen with confidence and curiosity. May the sauces you create bring a new dimension of flavor to your meals and a sense of accomplishment to your cooking endeavors.

Thank you for embracing "Canning Meat Cookbook for Beginners" and its accompanying sauce guide. We wish you a delightful and enriching experience in your ongoing culinary adventures. Here's to a future of delicious discoveries and masterful creations in your kitchen.

Harvey McAlbert