

Vegan Fish Sauce

Ingredients

- 4 cups of water
- 4 cloves of garlic
- 1 tsp. of Chinese peppercorn
- 40 grams dried seaweed (ideally a mix of seaweeds such as nori, dulse, alleria, kombu, wakame, sea lettuce, hijiki and more. Do not use seaweeds like irish moss that work as thickeners, or you will have a gel instead of a sauce)
- 5 dried shiitake mushrooms
- ½ cup soy sauce or mushroom soy sauce

Steps

1. In a medium sized sauce pan, add the water, garlic, peppercorn, dried mushrooms and seaweeds and bring to a boil. Reduce to a simmer and continue to cook, stirring occasionally, for 25-30 minutes.
2. Strain the solids from the liquid, discard the solids and return the liquid to the pot on the stove. On medium-low heat add the soy sauce and continue to cook down, until the liquid tastes slightly fishy and very salty- you should end up with about 2-2 ½ cups. Refrigerate for future use.

