

HEALTHY HOME COOKING – GUYANESE STYLE

by Chris Prashad

CHRIS'S FINGER LICKING KICKER BARBEQUE SAUCE RECEIPE

Today I will share with you my recipe on how to transform your regular barbecue sauce into a real finger-licking kicker. To view the [video on YouTube Click Here](#).



Whether you grill or bake, a great healthy, hardy sauce makes a huge difference. This is the western style recipe based on local available ingredients. Stay tuned for my Caribbean recipe which will be published in April 2019.

In the video I also included a few pictures of delicious meals that I hope to share with you in the future series of Healthy Home Cooking videos.

For this recipe make a note of the ingredients that you will need. Pause the video and take your time to make an accurate list. Innovate if you don't have all the ingredients and make substitutions with what you have; Maple syrup for honey, passion fruit concentrate instead of pine-apple, for instance.

You will also need:

- (1) a blender or food processor
- (2) a tall non-stick saucepan with a long non-metallic or wooden spoon.

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Ingredients

2 cups of organic tomato ketchup

1 cup of barbeque sauce (best available or one you like)

1/2 cup unpasteurized honey

1 cup of fresh pineapple juice

2 oz of fresh ginger chopped

2 table spoons of hot pepper sauce (optional if you a kick)

1 level teaspoon of each:

- ground thyme
- ground celery seeds
- cinnamon powder
- powdered cloves
- garlic powder
- onion powder

Process

Peel a fully ripe pineapple and take care when peeling off the skin as it will be very slippery. Cut it into four quarters, extract the core, and wash the chunks before cutting them up into small pieces.

Add a 1/4 cup of water to your blender, load chopped pineapple and blend into a creamy texture.

Peel ginger, wash and cut into small pieces. Add to the blended pineapple and blend until the ginger is fully incorporated in the pineapple cream. Add 1 table spoonful of salt (Himalayan Crystal salt is the best; Sea salt is okay) and blend it in thoroughly.

Pour 1 cup of this mixture in a mixing bowl or pan and add 1 cup of your favorite barbecue sauce. Next, add 2 cups of organic ketchup. If you love a spicy sauce, add 2 tablespoons of hot pepper sauce. (This is optional – available at any West-Indian store or Amazon.) Mix it all thoroughly.

Pour mixture into a tall saucepan (Non-stick preferable) and use a wooden or non-metallic spoon to blend the mixture thoroughly. (Never use a metal spoon for this) Mix in your spices - one level teaspoon of each of the following, ground thyme, ground celery seeds, cinnamon powder, ground cloves, garlic and onion powder or use your favorites. Mix thoroughly.

Transfer pot to stove and set to medium heat and bring to a boil stirring continuously to prevent burning which will surely ruin your sauce. Be careful when boiling begins. The air bubbles will spill sauce and probably burn your hands. (Use gloves to be safe). Boil for six to 8 minutes. Turn heat off and continue stirring for about two minutes.

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Finally, add the half cup of unpasteurized pure honey and stir it in thoroughly. And that's it guys! Your sauce is ready.

If you find this video helpful, a Thumb's Up on YouTube will be highly appreciated. Please share this informative video with your family and friends. Don't forget to hit the subscribe button and click on the bell to be notified of new releases.

Recommended food plates to serve with this BBQ sauce

- Barbecued wings
- BBQ wings with fried ripe plantain, boiled & fried yucca (cassava) and sweet potato. NB: All fried foods are done with extra-virgin cold pressed coconut oil. (No supermarket heat and chemical processed trash) Avoid those at all cost.
- BBQ breast with peas & rice (Guyanese cook-up)
- BBQ chicken breast with home cooked fries
- Grilled drumsticks
- Baked drumstick with fried ripe plantain



Be sure [to subscribe to my YouTube channel](#) and click on the bell so you would not miss any future home cooking videos planned for this series.