

RED CHILI ADOBO SAUCE

Great Idea: Rick's alternative to turkey gravy for Thanksgiving! The finished sauce will keep for days if refrigerated, well covered. Alternative is canned, but that would spoil the fun!

INGREDIENTS

- 1/3cup canola oil
- 12 medium (about 6 ounces) dried ancho chiles, stemmed, seeded and tear into flat pieces
- 6 garlic cloves, peeled and roughly chopped
- 2 teaspoons dried oregano, preferably Mexican oregano
- 1 teaspoon black pepper, preferably freshly ground
- 1/2 teaspoon cumin, preferably freshly ground
- 1/4t teaspoon cloves, preferably freshly ground
- 1/2c up cider vinegar
- 4 cups low sodium chicken or Turkey broth (use the turkey neck and giblets for making broth)
- Sea salt
- 2 to 3 tablespoons sugar substitute



INSTRUCTIONS

1. Measure the oil into a large skillet and set over medium heat.
2. When hot, oil-toast the chiles 1 or 2 pieces at a time until very toasty smelling and blistered, only a few seconds per side.
3. Pour off all but a generous film of oil from the skillet and set aside.
4. Transfer the chiles to a large bowl and measure in 4 cups hot tap water; a small plate on top will keep the chiles submerged. Let rehydrate for about 20 minutes.
5. Measure the garlic, oregano, black pepper, cumin, cloves and vinegar into a blender or food processor. Pour in the rehydrated chiles, liquid and all (do this in two batches if necessary).
6. Process the mixture to a smooth puree. Press through a medium-mesh strainer set over a bowl.
7. Set the chile-frying skillet over medium heat.
8. When hot, add the adobo and stir until reduced to the thickness of tomato paste (about 10 minutes).
9. Stir in the broth, reduce the heat to medium-low and simmer for 30 minutes.
10. The finished sauce should be light in texture, not watery, but just one stage thicker. (A good test is to pour a little on a plate and watch it spread: If it flows evenly, it's right; if it doesn't flow much and water begins separating around the edges, it's too thick.)
11. Season with sea salt (usually about 1 tablespoon) and sugar substitute—it should be a little sweet-sour with a hint of saltiness.
12. Serve warm.

NUTRITION INFORMATION:

237calories, 7.51g protein, 21.5g Carbohydrate, 15.5g Fat.

Source: <http://www.rickbayless.com/recipe/red-chile-adobo-sauce/>; Salsas, Sauces and Condiments, Thanksgiving, ©Rick Bayless. All rights reserved.

Note: Nutrition Information & Improved for "Low Sodium/ Low Carbohydrate Diets" by Cynthia Lopez-Pettorino, RDN, CDE, Nutrition Coordinator at Madison Area YMCA.