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## Easy Sauces and Rubs

### Cilantro Dipping Sauce

Makes ½ cup

6 tablespoons rice-wine vinegar  
1 tablespoon sugar  
¼ tsp salt  
1 clove garlic, minced  
1/8 teaspoon dried red-pepper flakes  
1 Tbs cilantro, chopped  
1 1/2 tablespoons water

Into a sauce pan bring the vinegar, sugar, and salt to a simmer, stirring. Simmer for 2 minutes. Pour the liquid into a small glass or stainless-steel bowl and let cool. Add the minced garlic, 1 tablespoon chopped cilantro, the red-pepper flakes, and water.

Serve with dim sum, spring rolls, fried or steamed dumplings.

### Moroccan Spice Rub

Makes ½ cup

2 Tbs whole cumin seeds  
4 tsp whole coriander seeds  
2 ½ Tbs whole fennel seeds  
2 teaspoons curry powder  
2 teaspoon ground ginger  
1 tsp garlic powder or dried garlic  
1 pinch cayenne pepper  
1tsp kosher salt

In a spice grinder combine the cumin, coriander, and fennel seeds. Grind until the coriander seed is just broken. Transfer the seeds to a small bowl and toss with remaining ingredients.

Use as a rub on chicken, pork, lamb, steak, salmon, shrimp, and sword fish. A great addition to roasted vegetables too.

### Roasted Tomatoes

Makes 2 cups

2 pints of cherry or pear tomatoes  
4 cloves of garlic, slivered  
3 Tbs extra virgin olive oil  
2 Tbs balsamic vinegar  
salt and pepper

1. Cover a baking sheet with tin foil and preheat the oven to 400 degrees.
2. Place the tomatoes (uncut) and garlic on the sheet.
3. Toss the tomatoes and garlic with the oil.
4. Put the pan into the oven and cook for about 15 minutes or until the tomatoes have browned slightly and have softened and become juicy.
5. Remove from the oven and drizzle with balsamic vinegar and salt and pepper to taste.

Serve on Crostini, over chicken, or with seafood.

### Raspberry Puree

Makes 1 cup

1 package of frozen raspberries, thawed  
3 Tbs sugar

Place the thawed raspberries and sugar in a bowl stir and let sit for 10 minutes. To remove the seeds, push the berries through a fine strainer using a soup ladle.

Serve the puree drizzled over dessert, yogurt, oatmeal, or pancakes.