

Homemade Worcestershire Sauce

5-hour cooking recipe

Ingredients

- 2 tablespoons olive oil
- 2 large sweet onions, roughly chopped
- 1/2 cup tamarind paste
- 2 tablespoons minced garlic
- 2 tablespoons minced ginger
- 2 jalapeños, seeds removed, minced
- 1/4 cup anchovies, chopped
- 1/4 cup tomato paste
- 2 whole cloves
- 2 tablespoons freshly cracked black pepper
- 1/2 cup dark corn syrup
- 1 cup molasses
- 3 cups white vinegar
- 1 cup dark beer
- 1/2 cup orange juice
- 2 cups water
- 1 lemon, thinly sliced (use whole *without rind)
- 1 lime, thinly sliced (use whole *without rind)

Heat the olive oil in a large saucepan and sauté the onions until soft, about 7 minutes. Add the tamarind paste, garlic, ginger, and jalapeños. Cook over medium-low heat for another 5 minutes. Add the remaining ingredients and stir to combine. Bring to a boil, then reduce the heat and simmer, stirring occasionally, for about 5 hours.

The sauce is done when it is thick enough to coat the back of a spoon.

Fresh Worcestershire sauce lasts in an airtight container in the refrigerator for several weeks. For longer storage, can it in a boiling-water canner according to canning instructions.

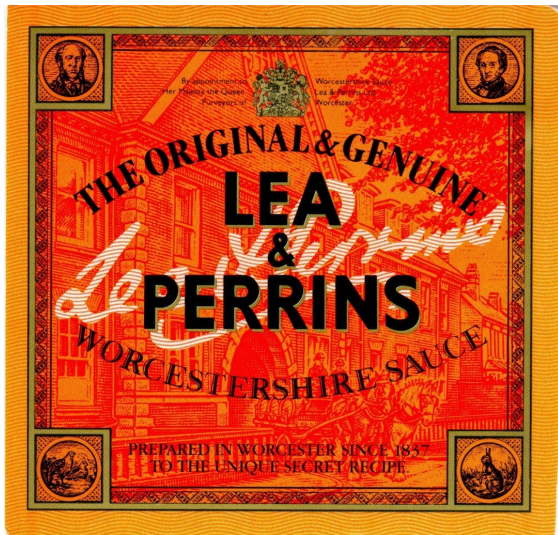
Prep: 20 mins

Cook: 5 hrs 15 mins

Total: 5 hrs 35 mins

Yield: 6 cups





The recipe for Worcestershire sauce, pronounced "woos-ter-sheer" (or "sher"), dates back to the early 1800s when the British Lord Sandys acquired it during travels in Bengal. In 1835, he commissioned a pair of chemists back in his English hometown of Worcester to try and replicate the flavor. John Lea and William Perrins gave it a go but were disappointed in the results. They stuck the jars in the cellar and forgot about them. After a few years, Lea and Perrins found the bottles under a thick layer of dust and decided to give the sauce another chance. During the unintentional aging and fermentation process, it had developed a rich

and savory flavor identified by modern foodies as umami. The partners bottled more, and a taste for Lea & Perrins Worcestershire Sauce spread throughout Europe, and the world.

Now a generic term, Worcestershire sauce is marketed by many other brands, with some proprietary variations in ingredients. Lea & Perrins closely guards its original recipe for the still-thriving company's Worcestershire Sauce, but the main ingredients include vinegar, anchovies, tamarind, molasses, garlic, and onions, along with sugar, salt, water, chili pepper extract, cloves, "natural flavorings" and undisclosed spices and seasonings.

** (comments left by readers under the top recipe said it was bitter, probably due to 5 hours of cooking lemon and lime rinds?)



Homemade Instant Worcestershire Sauce

Below are the ingredients and instructions from 2 homemade quick versions of homemade Worcestershire sauce versions, combined. Their ingredients were interchangeable. These are said to be quicker easy recipes with much of the traditional flavor.

- 1 cup apple cider vinegar *for fermented flavor*
- ¼ cup soy sauce (*for richer ferment flavor*)
(*or ~ coconut aminos, fish sauce, anchovy paste*)
- 2 tbsp brown sugar (*or molasses*) *adds sweet notes*
- 2 tsp mustard powder (*adds heat, but not enough to last or burn*)
- ½ tsp garlic powder (*or fresh shallots or garlic*)
- ½ tsp onion powder
- ½ tsp cinnamon (*or ground clove*)
- ¼ cup water

options:

- 1 teaspoon freshly ground black pepper
- ½ teaspoon ground cloves
- 2 tablespoons tamarind paste
- ½ teaspoon onion powder
- ½ teaspoon cayenne pepper
- lemons, celery seed, cardamon
- actually ferment it

Tamarind extract provides the unique flavor, the fruit of *Tamarindus indica*, or Indian date in Arabic. The pods, somewhat resembling a brown pea pod, contain a thick, sticky pulp which has a consistency of dates and a spicy date-apricot flavor



One version just had you blend all ingredients together and bottle and refrigerate it, ready to go. Another version had you simmer it for a short time.

Simmered Homemade Worcestershire Sauce:

In a medium saucepan over high heat, combine all ingredients and bring to a boil. Reduce to a simmer. Simmer sauce, whisking occasionally, until reduced and syrupy in consistency, about 10–25 minutes. Transfer to a clean jar and refrigerate for up to 2 months.

Many of the commercial brands of this delicious condiment are now filled with questionable ingredients. Interestingly, the version of Lea & Perrins Worcestershire sauce sold in the U.S. differs from the U.K. recipe. American version uses distilled white vinegar rather than malt vinegar, and, it has three times as much sugar and sodium. This makes the American version sweeter and saltier than the version sold in Britain and Canada.