

Sticky BBQ Sauce



Total time 15 mins



Easy



Serves 4



Ingredients

1 tbsp olive oil

2 crushed garlic cloves

1 onion chopped

1 red chill finely chopped

1 tsp crushed fennel seeds

55g dark brown sugar

300ml tomato ketchup

50ml dark soy sauce

Salt & pepper

Method

- Step 1** Heat the olive oil in a saucepan, add the onion and garlic and fry until soft and fragrant.
- Step 2** Add the finely chopped chilli, sugar and crushed fennel seeds. Cook until sugar melted making sure to stir often so it doesn't stick and burn.
- Step 3** Add the soy sauce and tomato ketchup. Season with a little salt and pepper. Bring to the boil and simmer for around 5 minutes.
- Step 4** Remove from heat and set aside to cool.
- Step 5** Serve as a dip with chunky wedges or use as a glaze on spare ribs/vegetables and cook in the oven or on a bbq.