

Did someone say saucy?

Sauces happen to be one of those things most people do not usually spend a lot of time thinking about. But that does not change the fact that the right use of the right sauce can either make or break your favourite dish.

Most households carry the very basic kinds, which are also easily attainable: Tomato Ketchup, Chilli Sauce, Garlic Sauce, Soy Sauce, Oyster Sauce and HP Brown Sauce, which is used for steaks. The most likely reason for that is not being aware of the use of all the variations.

LS has put together an effort to help you pick out some must haves for your kitchen. These are available at Dhali, DCC-2 Market, Lavender, Unimart, Gulshan and most other super stores.

MARINATING SAUCES -

BBQ Sauce

Of course, you have heard of it, but have you tried something other than the original BBQ sauce? Kraft has some of the most interesting flavours in my opinion. You will find Honey Hickory Smoke, Spicy Honey, Honey Roasted Garlic, to name a few. Next time you have the gang over for a barbeque on the rooftop, how about giving one of these a shot?

Teriyaki Sauce

Another delicious marinade option is Teriyaki. Suitable for beef, chicken and fish, this sauce brings in the right balance you have been looking for for so long. Consider using it for grilling purposes and you will be skeptical about trying anything else for a while.

When you are almost done with a bottle of this and there is not enough left to use as a marinade, use it as a salad dressing - it's a refreshing change.

COOKING SAUCES -

Worcestershire Sauce

Even if you do not have any experience at using it, I am sure you have heard of it, thanks to Masterchef Australia. Usually put

is also available at convenience stores.

Pasta and Pizza Sauce

Available in jars, they can accommodate up to four servings. Most people argue it's not worth the purchase but it is definitely something you might want to try out just to see what the buzz is all about.

Distinction between Oyster Sauce and Fish Sauce



in slow cooked beef dishes, you can also use it to make some juicy burgers. Lea & Perrins is one of the most popular brands in the world and, luckily, available in town.

Thai Seasoning

Thai Mae Pranom Brand has Pad Thai Seasoning as well as Sukiyaki Cantonese Formulae Sauce, which can be more than handy having around in the house. Sharwood's Szechuan Kung Cooking Sauce

There might be some confusion as to how to use these two and so a lot of the times it turns out that most people use them interchangeably.

To set the record straight, Oyster Sauce is used in Chinese staple foods, as well as, in stir fries and has a subtle sweetness to the dish, whereas Fish Sauce is used as a condiment and has a fishy, salty taste. It is of the essence that your kitchen cabinet should

carry both Oyster Sauce as well as Fish Sauce.

Soy Sauce

As versatile as a sauce can possibly be. Whether it is for dipping your sushi, a quick stir fry, some comfort soup, or even, chicken wings, Soy Sauce can make all the difference. However, the golden rule is to add a little at a time and keep on tasting all the while because you do not want the saltiness to overpower your dish.

Light and Dark Soy Sauce are both essentials and can also be used along with other ingredients to stir up a unique sauce or dressing of your own.

DIPPING SAUCES -

Tartar Sauce

A mayonnaise based goodness, which usually is served together with seafood. Its richness is just right and gives you the pleasant, balanced taste that is just so rare.

Classic Sweet & Sour

How can this be left out? Trust the good ol' sweet and sour to deliver every time you crave French Fries or anything deep fried for that matter. Check out the brand Thai Choice. They carry a wide range to choose from that will not disappoint you.

Next time you have to pick up groceries, try some of the products mentioned above. There are tons more sitting on the shelves so do not hesitate taking a chance. How bad can it really be?

By Maaesha Nuzhat Nazmul
Photo: Collected



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