



Garlic Teriyaki Sauce

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
1 Cup	5 MIN	7 MIN		8

Garlic teriyaki sauce is a rich and flavorful sauce made with soy sauce, garlic, and a touch of sweetness. It has a perfect balance of savory, sweet, and umami flavors that make it ideal for a variety of dishes. This easy homemade version comes together quickly and works beautifully as a marinade, glaze, or stir-fry sauce. It's perfect for chicken, beef, seafood, vegetables, and noodles.

Ingredients

- 3-4 garlic cloves, minced
- ¼ cup soy sauce
- 2 tablespoons brown sugar or honey
- 1 tablespoon rice vinegar
- 1 tablespoon water
- 1 teaspoon cornstarch (*optional, for thickening*)
- 1 tablespoon oil

Recipe Summary

- Prep Time: 5 minutes
- Cook Time: 5-7 minutes
- Total Time: 10-12 minutes
- Servings: ~1 cup
- Course: Sauce / Condiment
- Cuisine: Asian-inspired

Cooking Method

Instructions

1. Heat oil in a pan over medium heat.
2. Add minced garlic and sauté for **1-2 minutes** until fragrant.
3. Add soy sauce, sugar (or honey), vinegar, and water.
4. Stir well and bring to a simmer.

5. Mix cornstarch with water and add if a thicker sauce is desired.
6. Cook for **2-3 minutes** until slightly thickened.
7. Remove from heat and let cool slightly before using.

Cooking Tips

- Adjust sweetness based on taste
- Use low-sodium soy sauce if preferred
- Stir continuously to prevent burning

Variations

- Add ginger for extra depth
- Use maple syrup instead of sugar
- Add chili flakes for heat
- Make it thicker for glaze-style dishes

What to Serve with Garlic Teriyaki Sauce

- Chicken or beef

- Stir-fried vegetables
- Rice and noodles
- Salmon or shrimp
- Tofu

Storage

Store in an airtight container in the refrigerator for up to **5 days**.

Reheating

Reheat gently on low heat before using.

Frequently Asked Questions

Can I use store-bought teriyaki sauce?

Yes, but homemade gives better flavor.

How do I thicken teriyaki sauce?

Use cornstarch mixed with water.

Can I make it gluten-free?

Yes, use tamari instead of soy sauce.

Recipe Author

Mary Thompson

Downloaded from iheartgarlic.com

