THAI · SAUCE

Fermented Sriracha (Thai Chilli-Garlic Sauce)

35 min · plus 3–7 days fermenting Makes 40 × 1 tbsp (15 g) 8 kcal a portion

Video 6:15 · W2 KITCHEN

Vegan | Gluten-free ingredients | Nut-free

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Made from fresh chillies and garlic, with a lot less salt and sugar than most bottled chilli sauces: about 7 kcal, 1.3 g sugars and 145 mg sodium a tablespoon. Fermenting, not extra sugar, gives the tang.

Diet notes: Low carb (1.4 g net carbs) but not keto: 6% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

5 · MAKES 40 × 1 TBSP (15 G)

- [ ] 500 g **red chillies** (red jalapeño or Fresno, plus bird's eye chillies for more heat), stems removed
- [ ] 6–8 **garlic** cloves, peeled
- [ ] 15 g **salt** (3% of the chilli and garlic weight)
- [ ] 30 g **palm sugar** (or brown sugar), 6% of the chilli and garlic weight
- [ ] 50 ml pure (unsweetened) rice vinegar

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Stem the chillies (seed some or all of them for a milder sauce) and slice them with the garlic. 0:47
2. Pound or pulse the chillies and garlic to a coarse paste with the 15 g salt and 30 g sugar, adding no water — the salt draws out the juice. 1:19
3. Pack the paste into a clean 1-litre glass jar, pressing out air pockets and levelling the top, and set a weight on it. Cover with a fermentation lid or a cloth tied on with a band so gas can escape. 2:24
4. Ferment at a cool 18–22°C for 3–7 days, checking daily for bubbles, stirring every 2–3 days and tasting until it is tangy and mellow. Discard the batch if mould appears. 4:04
5. Stir in the rice vinegar and blend until smooth; sieve it if you want a silky sauce. 4:20
6. Heat gently in a saucepan, stirring, until it bubbles (or simmer 5–10 minutes) to stop the fermentation. Adjust with vinegar or sugar, cool, bottle and keep in the fridge for up to 3 months. 5:09

> **Tip** Makes about 600 g, roughly 40 tablespoons (our estimate). Use more bird's eye chillies or leave the seeds in for a hotter sauce. Heating stops the fermentation so the bottles won't build up gas.

The method is a summary in our words — the video shows every step.

One portion, 1 tbsp (15 g), gives you

1 OF 40 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
8 kcal 30 kJ	0.1 g 0% of a day	1.7 g 1.4 g net · 1.3 g sugars 1% of a day	0.4 g 1% of a day	0.1 g 0 g saturated 0% of a day	150 mg 6% of a day

Energy from net carbs 81% · protein 6% · fat 13%

Source of (10–19%) Vitamin C 17%

Recipe and video: W2 KITCHEN (@w2kitchen) on YouTube — youtube.com/watch?v=NpGN5c8Xzg0, published 27 January 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/fermented-thai-sriracha