

## Pluot Carob BBQ Sauce

This recipe was created on the spot at the market. It still needs to be tested for exact amounts, but you can get the idea below and refine it to your tastes.

1 cup tomato puree

¼ cup pluot jam (substitute apricot)

1/3 cup Turkish molasses / carob syrup\*

2.5 - 3 tablespoons Dijon

a few drops Liquid Smoke

½ - 1 teaspoon onion powder

½ - 1 teaspoon garlic powder

½ - 1 teaspoon apple cider vinegar

½ teaspoon cayenne

a few drops hot sauce of choice

a few shakes Worcestershire sauce

salt and freshly ground pepper

Combine all ingredients in a small saucepan, bring to a slow boil, reduce heat and simmer 15 minutes or till preferred consistency. Adjust seasonings and heat another 5 minutes to blend.

\*Buy carob syrup online or at an ethnic-foods grocery.