

15 Basic Stir-Fry Sauce Recipes

Instructions for all of these recipes ... just combine the ingredients in a small bowl, stir well to combine, then add to your stir fry. Don't miss the tips at the bottom of the recipe list, as well.

Lemon Stir-Fry Sauce – Great with seafood stir fries, such as shrimp and/or scallops, as well as chicken.

1/2 cup lemon juice
2 tsp. lemon zest
1/2 cup chicken broth
2 Tbsp. soy sauce
1/4 cup sugar

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Lemon Stir-Fry Sauce II – nice with chicken and seafood.

2/3 cup chicken broth
1 Tbsp. cornstarch
1 Tbsp. sugar
1 Tbsp. soy sauce
2 -3 tablespoons lemon juice (to taste)
Optional: red pepper flakes

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Soy Sesame Stir-Fry Sauce – good all-round Asian sauce, suitable for all proteins.

1/2 cup chicken broth
1/2 cup soy sauce
4 tsp. rice wine vinegar
4 tsp. toasted sesame oil
2 tsp. hot red pepper flakes
2 tsp. sugar

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Basic Stir-Fry Sauce – good all-round sauce.

2/3 cup soy sauce
1/2 cup chicken broth
1/3 cup rice wine or rice vinegar
3 1/2 Tbsp. sugar
1 Tbsp. sesame oil
1 tablespoon minced garlic
1 tablespoon minced ginger
2 Tbsp. cornstarch

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Sweet and Sour Stir-Fry Sauce – great with chicken and pork.

1/2 cup chicken broth
1/4 cup soy sauce
1/4 cup cider or rice wine vinegar
2 Tbsp. brown sugar
1 tsp. hot red pepper flakes

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Sweet and Sour Stir-Fry Sauce II – great with chicken, pork, beef and shrimp.

1/2 cup ketchup
1/4 cup soy sauce
2 Tbsp. rice vinegar or cider vinegar
1 Tbsp. cornstarch

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Sweet and Sour Stir-Fry Sauce III – great with chicken, pork, beef and shrimp.

1/2 cup white sugar
1/4 cup brown sugar
1/3 cup white vinegar
1/2 cup water
1/4 cup pineapple juice (or addition 1/4 cup water)
1/4 cup soy sauce
1/4 cup ketchup
2 Tbsp. cornstarch

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Hot and Sour Stir-Fry Sauce – good all-round sauce.

1/2 cup chicken broth
1/4 cup red or white wine vinegar
2 Tbsp. soy sauce
4 tsp. granulated sugar
1 tsp. chile paste (sambal oleek)

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Thai Stir-Fry Sauce – great with chicken or shrimp.

2/3 cup coconut milk
1 Tbsp. fish sauce
3 1/2 Tbsp. fresh lime juice
1 1/2 Tbsp. soy sauce
1/3 to 1/2 tsp. dried crushed chili
2 1/2 tsp. brown sugar

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Peanut Stir-Fry Sauce – perfect for noodles or chicken.

1/4 cup rice vinegar
1/4 cup soy sauce
4 tsp. granulated sugar (less if not using natural peanut butter)
4 tsp. natural peanut butter
2 Tbsp. water
2 teaspoons Asian chili garlic paste
Combine all ingredients and heat in microwave for 20-30 seconds.

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Orange Stir-Fry Sauce – nice with chicken and pork.

3/4 orange juice
1 Tbsp. Cornstarch
2 Tbsp. Hoisin sauce
1 Tbsp. Oyster sauce
1 Tbsp. Rice vinegar
2 tsp. brown sugar
1 tsp. Finely grated orange zest

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Orange Stir-Fry Sauce II – nice with chicken and pork.

1/2 cup orange juice
1/4 cup water
1/4 cup soy sauce
4 tsp. brown sugar
1 green onion, finely chopped

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Spicy Orange Stir-Fry Sauce – great with chicken!

3/4 cup orange juice
3 Tbsp. soy sauce
1 Tbsp. cornstarch
2 tsp. finely grated orange peel
1/2 tsp. minced ginger
1 tsp. sesame oil
Large pinch of dried crushed red pepper, or to taste

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Orange Sesame Szechuan Stir-Fry Sauce – nice with chicken.

1/2 cup chicken broth
1 Tbsp. rice vinegar or rice wine
1 Tbsp. soy sauce
1 tsp. grated orange zest
1 tsp. sesame seeds
1/2 tsp. sesame oil
1 fresh red chili, finely chopped or 1/2 tsp. red pepper flakes (or 1/2 tsp. sambal oleek)

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Spicy Szechuan Stir-Fry Sauce – great all-round spicy stir fry sauce.

3-4 Tbsp. sodium-reduced soy sauce
2 Tbsp. rice wine or rice vinegar
2 tsp. cornstarch
1 tsp. Sesame oil
1/2 cup chicken broth
2 Tbsp. sugar
1 Tbsp. Worcestershire sauce
2 Tbsp. green onion, minced
1 Tbsp. fresh minced ginger
1 Tbsp. minced garlic
1 tsp. chili paste (sambal oleek or chili paste sauce with garlic)

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Tips:

1. Some of these sauces already have cornstarch added but if they don't, you can use this to thicken any sauce that you think is too thin. Simply combine 1 Tbsp. cornstarch with 3 Tbsp. water and stir until the cornstarch is dissolved. Add a bit, stir and cook until sauce thickens. Add more as necessary.
2. Consider using low-sodium chicken broth and soy sauce to avoid an overly-salty finished dish.
3. Each of these sauces makes 1/2 – 1 cup of stir fry sauce. You may not need it all, depending on the amount of meat, noodles and/or vegetables you are stir frying. Add as necessary to make it as saucy as you like and thicken with the thickener above, if desired. Of course, you can also double the sauce if you're making a lot of stir fry.
4. Some of these sauces already contain things like minced garlic, ginger, onion or chilis (or other heat) but if they don't, be sure to consider adding some into your stir fry.
5. Everyone's tastes are different so you will likely want to tweak the sauces to your tastes. If you print out the list, you can simply make notes as you go to develop your perfect sauce.