

Forum:[Hack Forums](#)

Thread: [Sauce. So what sauces and marinades are you into?](#)

The Pact - June 18, 2022, 8:46 pm

My older son will only have soya sauce and hates almost every type of sauce. It's so sad. There are so many good sauces.

Sajuuk - June 19, 2022, 5:23 pm

Hoisin mixed with a little soy sauce and red pepper flakes is good with any Asian dish. For everything else either ranch (homemade with powder mix, mayo, and either sour cream or plain yogurt) or steak sauce (usually mix Worcestershire with ketchup and a little onion powder).

Soulmate~?? - June 23, 2022, 11:53 pm

(Jun 18, 2022 08:46 PM)The Pact Wrote: [\[CITE\]](#) There are so many good sauces. Name one good sauce.

The Pact - June 24, 2022, 6:59 am

(Jun 23, 2022 11:53 PM)Soulmate~?? Wrote: [\[CITE\]](#) Name one good sauce.

Well marinades are some of the best like honey soy or a maple syrup/soy sauce/olive oil, paprika marinade.

Or a green sauce with avocados, garlic, parsley, cilantro, olive oil, jalapeño, lime juice, salt, and pistachios,

Or basil pesto sauce, or a garlic butter tomato sauce or a Bolognese or honey or sweet-chilli sauce

Lilith - June 26, 2022, 12:20 am

My roommate has come to describe us both as "sauce fiends" given how many we tend to have at any given moment and how just about everything we eat gets some sort of sauce added to it. Hot sauce, mustards, pestos, pretty much have something or multiple somethings for damn near every meal.

The Pact - June 26, 2022, 12:31 am

(Jun 26, 2022 12:20 AM)Lilith Wrote: [\[CITE\]](#) My roommate has come to describe us both as "sauce fiends" given how many we tend to have at any given moment and how just about everything we eat gets some sort of sauce added to it. Hot sauce, mustards, pestos, pretty much have something or multiple somethings for damn near every meal.

I wish my son would. He won't have any sauce but soya sauce.

Lilith - June 26, 2022, 12:32 am

(Jun 26, 2022 12:31 AM)The Pact Wrote: [\[CITE\]](#) I wish my son would. He won't have any sauce but soya sauce.

I'm so sorry for your loss on that one. I mean, soy sauce is pretty good but it's such a limited flavor compared to what the world has to offer. :(

AI sensory - June 26, 2022, 10:55 am

Chip low sauce, waffle house sauce, A1 steak sauce. I love cheese Imaoo

The Pact - June 26, 2022, 6:09 pm

Yes I rather like steak sauce too. I hate the regular ketchup that is popular here and so does my son we agree on that.

(Jun 26, 2022 12:32 AM)Lilith Wrote: [\[CITE\]](#) I'm so sorry for your loss on that one. I mean, soy sauce is pretty good but it's such a limited flavor compared to what the world has to offer. :(
The fact he's finally discovered he likes one sauce in the world is new and a miracle actually. ?

The Pact - February 7, 2025, 8:16 pm

(Jun 23, 2022 11:53 PM)Soulmate~?? Wrote: [\[CITE\]](#) Name one good sauce.
Lately I'm more into Siracha, but have soya sauce more than anything, unless it's bolognese with garlic tomato sauce.

Pr0m3th3us - February 7, 2025, 8:32 pm

I use sauces like it's religious, I dump that shit on. When I go to the store i have to physically stop myself from browsing sauce section as I will easy put another 4 or 5 in my cart and it's like \$30-40 bucks worth.

The Pact - February 7, 2025, 8:38 pm

(Feb 7, 2025 09:32 PM)Unknown Rusty Snake Wrote: [\[CITE\]](#) I use sauces like it's religious, I dump that shit on. When I go to the store i have to physically stop myself from browsing sauce section as I will easy put another 4 or 5 in my cart and it's like \$30-40 bucks worth.

Yeah, I'm so into sauces and it's so boring trying to cook for my son who hates all sauces except soya sauce so I usually let him cook for himself now since he's over 18. I'm a widow but I threw up my hands and let his dad cook for him for a while since he wouldn't eat my meals with sauce.

Pr0m3th3us - February 7, 2025, 8:48 pm

(Feb 7, 2025 09:38 PM)The Pact Wrote: [\[CITE\]](#) Yeah, I'm so into sauces and it's so boring trying to cook for my son who hates all sauces except soya sauce so I usually let him cook for himself now since he's over 18. I'm a widow but I threw up my hands and let his dad cook for him for a while since he wouldn't eat my meals with sauce.

Its scientifically proven that people who don't like sauce are a communist. ???

The Pact - February 15, 2025, 11:11 pm

(Feb 7, 2025 09:48 PM)Unknown Rusty Snake Wrote: [\[CITE\]](#) Its scientifically proven that people who don't like sauce are a communist. ???

His great grandfather on one side was actually a communist.

.Pazuzu - February 16, 2025, 4:30 am

If you want something quick and dirty you can use on all meats (I've done with salmon, chicken, pork & beef), medium heat to a pot and add 2/3 BBQ sauce 1/3 siracha, and a good squeeze of runny honey.

So much sugar from the BBQ sauce and honey to help caramelise anything you're cooking, and a nice kick from the siracha

Omniscient - February 16, 2025, 3:27 pm

(Feb 16, 2025 05:30 AM).Pazuzu Wrote: [\[CITE\]](#) If you want something quick and dirty you can use on all meats (I've done with salmon, chicken, pork & beef), medium heat to a pot and add 2/3 BBQ sauce 1/3 siracha, and a good squeeze of runny honey.

So much sugar from the BBQ sauce and honey to help caramelise anything you're cooking, and a nice kick from the siracha

Keto unfriendly recipe.

These are keto sauces I can currently eat.

AI Quote: When following a keto diet, you want to avoid sauces high in sugar and carbs while still adding flavor to your meats. Here are some great keto-friendly sauces for meat:

1. Buttery & Creamy Sauces

- Garlic Butter Sauce – Butter, garlic, and herbs for a rich flavor.
- Creamy Mushroom Sauce – Heavy cream, mushrooms, garlic, and Parmesan.
- Alfredo Sauce – Heavy cream, Parmesan, and butter (perfect for chicken).
- Hollandaise Sauce – Egg yolks, butter, and lemon juice (great on steak).

2. Spicy & Savory Sauces

- Buffalo Sauce – Hot sauce + butter (no added sugar).
- Chimichurri – Olive oil, garlic, parsley, red pepper, and vinegar.
- Horseradish Sauce – Sour cream + grated horseradish (ideal for beef).
- Wasabi Mayo – Mayonnaise mixed with wasabi for a spicy kick.

3. BBQ & Dipping Sauces (Low-Carb Versions)

- Keto BBQ Sauce – Tomato paste, vinegar, Worcestershire sauce, and sweetener.
- Ranch Dressing – Mayonnaise, sour cream, garlic, and herbs.
- Sugar-Free Teriyaki Sauce – Soy sauce, sesame oil, ginger, and keto-friendly sweetener.
- Soy Ginger Sauce – Soy sauce, ginger, garlic, and sesame oil.

4. Oil-Based Sauces

- Pesto Sauce – Basil, Parmesan, olive oil, garlic, and pine nuts.
- Lemon Butter Sauce – Butter, lemon juice, and herbs.
- Aioli – Mayonnaise, garlic, and lemon (great with grilled meats).

I can't say I love sauces on my dishes. I think good helping of butter and fats is enough. For example when I get wings I get them plain. When I make salmon I might make a butter based sauce. Rarely with steak will I add a sauce. Chicken it depends on the dish I'm going for but generally no. I just love meat properly cooked and well seasoned, sauce just ruins it imho. For example Ketchup is technically a sauce and anyone putting ketchup on a dish I cooked for them is getting kicked out of my house.

Pr0m3th3us - February 17, 2025, 4:18 pm

All of what in the fridge currently. More are unopened and on the shelf

The “grinders death nector” is the hottest I have currently, but dont underestimate that 337k scoviles...it's more like 1 million IMO. One of the hottest I've ever had. And tastes absolutely horrid.

Just touching the cap and touching my face burns...

The Pact - February 20, 2025, 8:16 pm

(Feb 17, 2025 05:18 PM)Unknown Rusty Looser Wrote: [\[CITE\]](#) All of what in the fridge currently. More are unopened and on the shelf

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What about Carolina Reaper hot sauce or Culley's Ghost Chilli Hot Sauce or Elijah's Xtreme Regret or Trinidad Scorpion or Bhut Jolokia Ghost Pepper sauce?

Pr0m3th3us - February 20, 2025, 8:19 pm

(Feb 20, 2025 09:16 PM)The Pact Wrote: [\[CITE\]](#) What about Carolina Reaper hot sauce or Elijah's Xtreme Regret or Trinidad Scorpion?

I have a salsa that's got reapers, ghost and scorpion in it....technically it's not a sauce sooooo I didn't post it ? I also have all 3 dried flakes in glass jars

The Pact - February 20, 2025, 8:20 pm

(Feb 20, 2025 09:19 PM)Unknown Rusty Looser Wrote: [\[CITE\]](#) I have a salsa that's got reapers, ghost and scorpion in it....technically it's not a sauce sooooo I didn't post it ?

You don't find that too hard to eat?

(Feb 16, 2025 04:27 PM)Omniscient Wrote: [\[CITE\]](#) These are keto sauces I can currently eat.

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Oil-Based Sauces

- Pesto Sauce – Basil, Parmesan, olive oil, garlic, and pine nuts.
- Lemon Butter Sauce – Butter, lemon juice, and herbs.
- Aioli** – Mayonnaise, garlic, and lemon (great with grilled meats).

I can't say I love sauces on my dishes. I think good helping of butter and fats is enough. For example when I get wings I get them plain. When I make salmon I might make a butter based sauce. Rarely with steak will I add a sauce. Chicken it depends on the dish I'm going for but generally no. I just love meat properly cooked and well seasoned, sauce just ruins it imho. For example Ketchup is technically a sauce and anyone putting ketchup on a dish I cooked for them is getting kicked out of my house.

Ketchup is gross but I love all kinds of other sauces. But not that hot. Usually I only go for mild perri perri or it loses flavour. Sometimes I add a little siracha. My older son is like you and doesn't like

much sauce except soya sauce. That's the only sauce he will have.

Pr0m3th3us - February 20, 2025, 8:22 pm

(Feb 20, 2025 09:20 PM)The Pact Wrote: [\[CITE\]](#) You don't find that too hard to eat?

Na, I've been eating some of the world's spiciest peppers since I was a teenager. Honestly the one that kicked my ass the most was a Thai chile pepper. I ate like 4 of them and I couldn't walk...legit lost feeling in my legs for about an hour.

The Pact - February 20, 2025, 8:28 pm

(Feb 20, 2025 09:22 PM)Unknown Rusty Looser Wrote: [\[CITE\]](#) Na, I've been eating some of the world's spiciest peppers since I was a teenager. Honestly the one that kicked my ass the most was a Thai chile pepper. I ate like 4 of them and I couldn't walk...legit lost feeling in my legs for about an hour.

My dad was like you and he would get annoyed if sauces weren't the hottest, but then in the early stages of Alzheimer's he completely denied ever liking hot sauces. sigh.

On a trip to Europe we went to the Netherlands and there was a big spread of food my dad was having dinner with this diplomat to talk international law, but the whole spread of food all tasted the same because it was all so hot and I was 16 and yeah the spread of food was very disappointing to me because it was burning my mouth out while they talked about stuff that I doubt I had much understanding of although I have no memory of what they talked about unfortunately. At that age I wasn't that interested in all that.

Pr0m3th3us - February 20, 2025, 8:35 pm

(Feb 20, 2025 09:28 PM)The Pact Wrote: [\[CITE\]](#) My dad was like you and he would get annoyed if sauces weren't the hottest, but then in the early stages of Alzheimer's he completely denied ever liking hot sauces. sigh.

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Once you eat them enough you'll realize all peppers have their own flavors. Some are sweet, some Smokey and some taste disgusting for example. But damn I still love em. I don't need my colon anyways.

The Pact - March 25, 2025, 7:18 pm

Got this great apricot chutney and peri peri mayo don't know if either of those count as a sauce but I'm mostly having that and soya sauce these days. For a while I was cooking all these Chinese inspired meals with hoison and oyster sauce but haven't done that in a long time for some reason I was doing that a lot in 2015/2016.

plops - March 25, 2025, 10:14 pm

(Feb 20, 2025 09:16 PM)The Pact Wrote: [\[CITE\]](#) What about Carolina Reaper hot sauce or Culley's Ghost Chilli Hot Sauce or Elijah's Xtreme Regret or Trinidad Scorpion or Bhut Jolokia Ghost Pepper sauce?

Melindas used to make a great 'scorpion' pepper mash and a 'habanero' mash. I used to use them respectively based on my dip/dish. But Melindas left that years ago, I don't hate them, but I wish they spent pennies to give me the raw pepper mash they used to make.

(Feb 20, 2025 09:22 PM)Rustoleum Wrote: [\[CITE\]](#) Na, I've been eating some of the world's spiciest

peppers since I was a teenager. Honestly the one that kicked my ass the most was a Thai chile pepper. I ate like 4 of them and I couldn't walk...legit lost feeling in my legs for about an hour.

My pops bet i couldn't eat a habanero back in the day, so i did. i was curled up in the hallway in stomach pain. dad laughed (he didnt eat spicy food but i did), mom was scared. as a dad now i will let my boys eat a habanero in a bet, ill eat one too, but i can hide the pain though and enjoy the fruitiness.

The Pact - March 27, 2025, 3:06 am

(Jun 19, 2022 05:23 PM)Sajuuk Wrote: [\[CITE\]](#) Hoisin mixed with a little soy sauce and red pepper flakes is good with any Asian dish. For everything else either ranch (homemade with powder mix, mayo, and either sour cream or plain yogurt) or steak sauce (usually mix Worcestershire with ketchup and a little onion powder).

I keep seeing recipes with red pepper flakes, but I don't have any because my son's best friend decided my spices were too old and threw a lot out. I felt like maybe I could just replace it with siracha or chili powder in the recipes since I have that.

migalo57x - August 31, 2025, 7:41 am

try a different sauce

sharn - August 31, 2025, 9:30 am

BBQ and honey mustard are my go-to sauces.

The Pact - September 1, 2025, 12:41 am

You can get gluten free soya sauce now called Tamari.

The Pact - September 2, 2025, 7:08 am

Raspberry jam, orange juice, and white wine vinegar simmered into a tangy glaze is especially good with grilled meat.

peldon - September 3, 2025, 11:37 am

Basil or garlic marinade

The Pact - September 3, 2025, 5:02 pm

(Sep 3, 2025 11:37 AM)peldon Wrote: [\[CITE\]](#) Basil or garlic marmalade.

Like Basil pesto? I've never heard of garlic marmalade. -----lol misread that at first.

peldon - September 4, 2025, 12:31 pm

For salty-sweet dish like tajine

The Pact - September 12, 2025, 4:02 am

Ketchup is gross. My son and I both hate it. Honey soy is very nice. My mother made this orange sauce for duckling and that was only for some Christmases and not others, and never any other time because she said it was so much work. It was divine.

sharn - October 12, 2025, 2:25 am

Barbecue sauce is sticky and smoky.
Perfect on grilled meat.

The Pact - October 12, 2025, 2:28 am

(Sep 4, 2025 12:31 PM)peldon Wrote: [\[CITE\]](#) For salty-sweet dish like tajine
I've never heard of this before.

RangoWorld - October 13, 2025, 4:32 am

Not a hot sauce guy so spices are out of the way.

I like mustard, mayonnaise, soya sauce, BBQ sauce, garlic sauce, sriracha (has to be less hot).

The Pact - *October 13, 2025, 4:36 am*

(Oct 13, 2025 04:32 AM)RangoWorld Wrote: [\[CITE\]](#) Not a hot sauce guy so spices are out of the way.

I like mustard, mayonnaise, soya sauce, BBQ sauce, garlic sauce, sriracha (has to be less hot).

I like all those too. I prefer dijon mustard like Obama does. I love mayo too much. Especially tartare and Peri-Peri mayo and burger mayo type of sauce.