

**Ingredients for Teriyaki Sauce:**

2 tbsp finely grated ginger  
1 tbsp finely grated garlic (2 cloves)  
1 1/2 tsp cornstarch  
1/2 cup soy sauce  
1/2 cup water  
1/2 cup light brown sugar  
1 tsp sesame oil (optional)  
1 tsp finely grated jalapeno (optional)

**Equipment:**

Microplane or fine grater

**Ingredients for Macaroni Salad:**

3 cups cooked macaroni  
4 tbsp mayonnaise  
4 tbsp sweet relish  
4 tbsp diced red bell pepper  
2 green onion chopped  
dash salt  
dash hot sauce  
few cracks black pepper

**Directions:**

1. **For the Teriyaki Sauce:** Finely grate ginger, garlic and jalapeno (if using). Dissolve cornstarch in water. Add soy sauce to cornstarch-water and stir well.
2. Over medium-low heat, add a small amount of oil to a pot and add garlic and ginger (and grated jalapeno). Saute just until warmed through and slightly toasted.
3. Gradually add soy sauce mixture to pot while stirring.
4. Begin adding brown sugar by tablespoon. Stirring occasionally, bring mixture to a gentle boil. Mixture will thicken and bubble.
5. Continue boiling gently for 3 - 5 minutes. Taste mixture for sweetness. Add more brown sugar if desired, keeping in mind that it will get sweeter as it cools. Stir in sesame oil if desired. **Yeilds 1 cup Teriyaki Sauce.**
6. **For the Macaroni Salad:** Boil macaroni according to package directions and cool. Combine macaroni in a bowl with chopped red bell pepper, onion, relish and mayonnaise. Stir together and add a few cracks of black pepper, a dash of salt and a

dash of hot sauce. **Yeilds 3 1/2 cups Macaroni Salad.**

**NOTES:**

The **Teriyaki Sauce** can be used as a marinade, dipping sauce or glaze. **If using as a marinade for meat, discard sauce after marinating.** Betty prefers to grill chicken rubbed with olive oil, cajun seasonings, garlic powder, black pepper, parsley and sea salt and use the teriyaki as a dipping sauce.

**To complete Plate Lunch:** Serve grilled chicken, steak or fish with **Teriyaki Sauce**, white rice and **Macaroni Salad**. Steamed vegetables are always a welcome addition to this comforting taste of Hawaii, Average Betty style. Have fun!

This is a great idea for picnics and tailgating because it tastes great cold!