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## XANTHAN GUM NOTES

I finally made a sauce with a consistency that I like. The sauce was not made for taste, but for trial and error. I used a very basic recipe that I can build off of later. This was the thinnest sauce mixture that I have ever made and figured it best in putting the Xanthan Gum to the test.

I am sending the recipe I used just for reference because the quantity of Xanthan will vary with the consistency of the sauce, too thick you will have heavy gravy and it does not take much Xanthan. The base recipe is the same for the Red and Green sauce, but I just doubled everything for the Green Sauce to see if there was much variance with sauce quantity.

1 Cup White Vinegar  
1 Cup Bottled Water  
½ Cup Fresh Lime Juice  
2 Cup Barely Chopped Jalapeno  
1 Medium White Onion  
1 Tbs. Smoke Jalapeno Powder  
1 Tsp Garlic Powder  
1 Tsp Kosher Salt  
1/4 Tsp Xanthan Gum

I pureed all ingredients except the Xanthan in the blender and then cooked down for over an hour. I added the Xanthan, continued to simmer. The Xanthan clumped up some but, after simmering, it was smoothed out. I then blended sauce in the blender straight off of the stove (OUCH) and bottled.

FYI, I have a customer that uses 18 grams of Xanthan Gum to one gallon of sauce, although I do not know how thick the base sauce is, but I like his finished product and he is doing well with sales.

***Xanthan Gum is a natural product that reduces separation and gives body, suspension and a bit of a “shine” to your hot sauce and other food products. Only a minimum quantity is required, amount will depend on the consistency of your base sauce.***

***I love it for hot sauce making but if you have already tweaked your recipe, be sure you are working with Test batch to start with. A very little goes a long way!***

**Some informative links:**

[http://en.wikipedia.org/wiki/Xanthan\\_gum](http://en.wikipedia.org/wiki/Xanthan_gum)

<http://www.wisegeek.com/what-is-xanthan-gum.htm>

[http://www.chemheritage.org/women\\_chemistry/food/jeanes.html](http://www.chemheritage.org/women_chemistry/food/jeanes.html)

Email [beth@bayoutraders.com](mailto:beth@bayoutraders.com) with any questions.

Xanthan Gum Powder Nutrition Facts			
Serving Size: 1/2 Teaspoon (1.58g)			
	Amount Per Serving		% Daily Value*
Total Calories	5		
Sodium	16	mg	<1%
Potassium	47	mg	1%
Total Carbohydrates	1.3g	<1%	
Dietary Fiber	1.3g		
Xanthan Gum	1.58g		

\*Percent Daily Values are based on a 2,000 calorie diet.  
Ingredients: None (100% pure)  
Recommended Use: Use in baking product sauces as directed.