

# 5-Ingredient Vegan Fish Sauce

Need a plant-based substitute for fish sauce? This is it! Just 5 ingredients required, ready in less than 30 minutes, and perfectly salty and tangy. Great for Thai-inspired dishes and beyond!

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4.64 from 11 votes

PREP TIME	COOK TIME	TOTAL TIME
5 minutes	15 minutes	20 minutes

**Servings** 10 (1 Tbsp servings)  
**Course** Sauce  
**Cuisine** Gluten-Free, Vegan, Vietnamese-Inspired  
**Freezer Friendly** 2 Months  
**Does it keep?** 1 Month

## Ingredients

- 0.78 cup water
- 0.16 cup dulse (loosely packed // we like Maine Coast Sea Vegetables brand)
- 0.16 cup dried shiitake mushrooms
- 1.25 tsp sea salt
- 0.78 tsp chickpea miso (or soy miso // ensure gluten-free friendly as needed)
- 0.63-1.25 Tbsp tamari (for depth of flavor // or sub coconut aminos for soy-free)

## Instructions

1. To a small saucepan, add water, dulse, dried shiitake mushrooms, and sea salt. Bring to a boil, then cover, reduce heat, and simmer for 15-20 minutes.

2. Remove from heat and let cool slightly. Pour liquid through a fine mesh strainer into a bowl, pressing on the mushrooms and dulse with a spoon to squeeze out any remaining liquid.
3. To the bowl, add chickpea miso and tamari. Taste test and adjust as needed, adding more sea salt for saltiness, chickpea miso for umami flavor, and/or tamari for depth of flavor.
4. Store in a sealed container in the refrigerator for up to 1 month and shake well before use. Or, pour into an ice cube tray, freeze, and store in a freezer-safe container for up to 2 months.

## Notes

\*Nutrition information is a rough estimate calculated with lesser amount of tamari.

## Nutrition (1 of 10 servings)

**Serving:** 1 one-Tbsp serving **Calories:** 3.1 **Carbohydrates:** 0.5 g **Protein:** 0.3 g  
**Fat:** 0 g **Saturated Fat:** 0 g **Sodium:** 370 mg **Potassium:** 14 mg **Fiber:** 0.1 g  
**Sugar:** 0 g

### Did you make this recipe?

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