

HOMEMADE KETCHUP

Ingredients:

6 medium ripe tomatoes, chopped
1 small can tomato paste
1 large onion, chopped
1 cup red wine vinegar
½ cup sugar
½ cup olive oil
2 tsp nutmeg
Pinch ground allspice
3 bay leaves
Salt
Pepper

Instructions:

- Place all the ingredients in a medium saucepan, and simmer.
- Continue cooking for about 45 minutes. The mixture should be reduced by half.
- Discard the bay leaves and puree all the ingredients in a food processor. Refrigerate.

Serves 8

Tip: add chili powder or flakes to make a chili tomato ketchup.



Good to know

Tomatoes are a good source of vitamin C and potassium. To maintain flavour, do not refrigerate unless very ripe. Leave out in room temperature, away from direct sunlight. Tomatoes will last for about a week. Do not remove the stems to maintain freshness.