

Tomato KetchupV

This is a great replacement for classic sugar-laden ketchup. While it’s not as sweet, it still hits all the right flavour notes and has a similar consistency. Anyone out there who loves pouring tomato sauce onto everything – go right ahead. It works particularly well with our WTF? Burger (page 156) or our sausage rolls (page 208).

Serves	3-4	Per serve (2 tbsp, approx. 25 g)
Prep time	10 minutes	Carbs 1.0 g
Cook time	25 minutes	Protein 0.2 g
Difficulty	●●●	Fat 1.2 g
		Energy 16 Cal

INGREDIENTS

- ¼ cup butter
- 2 onions, sliced
- 2-3 tsp salt
- 1 tsp honey
- 800 g canned chopped tomatoes
- 4-5 cloves garlic, peeled
- ¼ cup vinegar
(white or red wine, or cider)
- 1 clove
- ½ tsp ground cinnamon

METHOD

Melt the butter in a medium-sized pot over a medium-high heat. Add the onions and salt to the pan and cook, stirring often, for 7-8 minutes until lightly caramelized and fully softened.

Add the remaining ingredients and bring up to the boil. Reduce the heat to medium-low and allow to simmer, uncovered, for 15-20 minutes until nice and thick.

Remove from the heat, allow to cool and then blend until smooth. Season to taste with salt and freshly ground black pepper.

Transfer to containers (or glass jars) with tight-fitting lids. Store in the fridge for 1-2 weeks, or freeze for up to 3 months. After defrosting, you may need to boil the ketchup again for a few minutes to re-combine any liquid that has separated.

Note: When tomatoes are in season, use the same weight of fresh tomatoes. Chop them roughly, discarding the tough green centre. You may need to cook the ketchup for a little longer to get it nice and thick, depending on how juicy your tomatoes are.

