

KETCHUP

INGREDIENTS

1 tbsp olive oil	1 pressed garlic clove
1/2 grated or chopped onion	1 tsp coriander
2 tbsp tomato paste	1/2 tsp cloves
1/3 cup red wine vinegar	1 tsp paprika powder
1/2 tsp pepper	1 tsp sea salt
1 pinch cayenne pepper	1 bay leaf
14 oz. canned whole tomatoes	

PROCEDURE

Fry the onion, garlic and tomato paste in oil for a couple of minutes over medium heat in a nonstick saucepan. The onion should become soft and glossy, not browned.

Add vinegar, bay leaves, spices, and canned tomatoes. Stir and simmer for a couple of more minutes.

Lower the heat and simmer over low heat for 20 minutes. Remove the bay leaves. Puree the ketchup with an immersion blender or blend in a mixer until smooth. Taste and adjust flavor, adding more salt, freshly ground black pepper or vinegar as needed.

Depending on how thick you want your ketchup to be, you can let it simmer longer over low heat.

Store in the fridge for 1-2 weeks or freeze.