



Recipe of the Week

HOMEMADE FRUITY TOMATO KETCHUP

Ingredients

2kg tomatoes chopped
500g plums, quartered and stoned
150g pitted dates, chopped
6 whole cloves
2 onions, chopped
1 cinnamon stick, broken in half
2 cups (500ml) malt vinegar
2 cups brown sugar
1 tab molasses
1 tab tamarind concentrate
1 teasp fennel seeds
1 tab salt
¼ teasp freshly ground black pepper

Method

1. Place all the ingredients in a large saucepan and bring to the boil.
2. Adjust the heat to a steady low boil and cook for 2 hours, uncovered, stirring occasionally, especially towards the end of cooking as the mixture thickens.
3. Puree in a blender and pour into hot, sterilised bottles and seal.