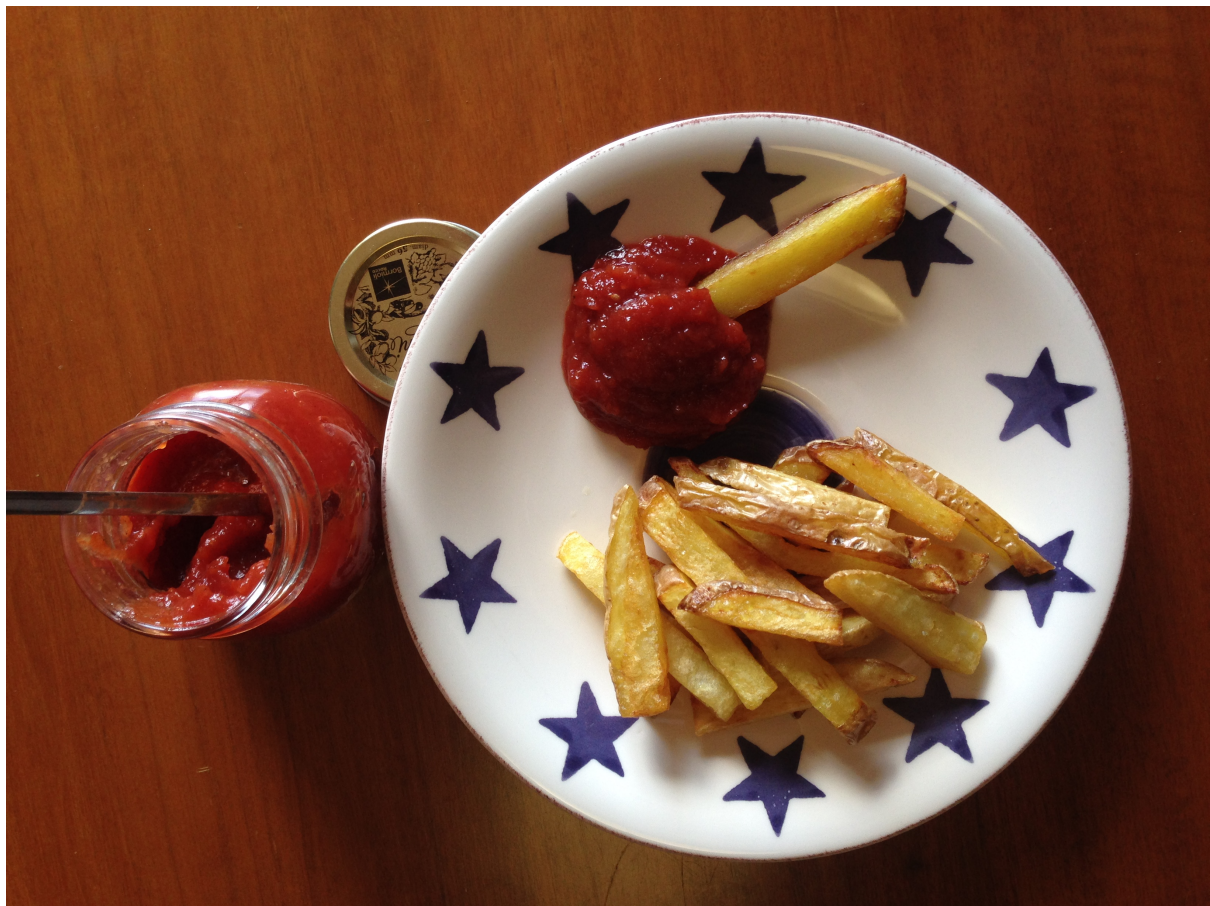


Homemade Chunky Ketchup



Use San Marsano tomatoes(a kind of plum tomatoes) if you can, otherwise vine tomatoes will do. The texture can be adjusted to your own taste by extending or reducing the cooking time.

Prepare the spice bag: 2tsp peppercorns, 2tsp whole clover, 2 bay leaves, 1/2tsp chili flakes

2Kg San Marsano
tomatoes
30gr salt

Put the tomatoes in boiling water for 60 seconds, then drop them in ice cold water.

Remove the skin, roughly chop the tomatoes, place in a bowl and stir in the salt.

Leave to rest for at least 3 hours.

Homemade Chunky Ketchup

500gr apples

500gr onions

250gr brown sugar

340ml cider vinegar

2tsp ground all spice

1 spice bag

1 to 2 chilis(optional)

Peel, core and grate the apple. Chop the onions.

Put The tomatoes, spice bag and the rest of the ingredients, in a large, heavy-bottomed pan and bring to boil. Simmer and stir for 1 hour until the mixture has thickened and reduced.

Remove the spice bag and leave to cool.

Use an hand blender to blend the mixture to the desired consistency.

Return the sauce to the heat and bring to boil, simmering and stirring for another 5 to 10 minutes. Remove from the heat once it is as thick as you like.

Using a funnel pour the ketchup into warm sterilised jars, making sure to leave 1 to 2 centimeters from the top.

Use a skewer to remove air bubbles. Clean the top of the jars properly, close with lid.

Be sure not to close the lid too tightly, or the air will not be able to escape and form the vacuum.

Use water bath method for long term storage.

Can be eaten right away, but best left to mature for 2 to 3 weeks.

Keeps for 6 months to a year.

Once opened, keep in the fridge and use within 3 months.

Homemade Chunky Ketchup

STERILISING METHOD

Wash jars and lids in soapy, warm water, rinse well.

Lay a tea towel over the bottom of a pan, place the jars inside the pan with the opening up. Cover with lukewarm water, and bring to boil. After 10 minutes the jars are sterilised.

Take them out and put in a warm oven(100C) to dry.

WATER BATH METHOD

Put the jars back in the pan with the hot water, making sure the jars are fully covered and the water level is at least 2 to 3 centimeters above the lids. Bring to boil. The jars have to remain covered the whole time, add hot water if necessary. After 30 minutes, remove from the heat and let the jars cool down in the water.

Once the water is cold pull out the jars by the glass.