



# TOMATO KETCHUP

<b>Season:</b>	<b>Summer, autumn</b>
<b>From the garden:</b>	<b>Tomatoes</b>
<b>Type:</b>	<b>Condiment</b>
<b>Difficulty:</b>	<b>Easy</b>
<b>Country of origin:</b>	<b>China</b>
<b>Serves:</b>	<b>30 tastes</b>
<b>Source:</b>	<b><a href="http://thekiwicountrygirl.com">thekiwicountrygirl.com</a></b>

## Equipment

- \*chopping board and knife
- \*measuring spoons
- \*frying pan
- \*wooden spoon
- \*food processor

## Ingredients

- \*1 kg tomatoes
- \*1 medium onion
- \*2 garlic cloves
- \*2 tbsp brown sugar
- \*2 tbsp white vinegar
- \*2 tbsp tomato paste
- \*1 tsp worcester sauce
- \* $\frac{1}{2}$  tsp salt and pepper to taste
- \*a pinch each: mixed spice, chilli, coriander
- \*2 whole cloves
- \*1 bay leaf

## Method

- 1.chop tomatoes, onion and garlic
- 2.heat a little oil in a frying pan and a cook the onion and garlic until translucent
- 3.add the other ingredients and cook on medium heat for around 20 minutes. Give the mixture an occasional stir to make sure it does not stick to the pan

**4.transfer the mixture to a food to a food processor and blend until smooth**

**5.return to the pan and cook until desired consistency is reached. Taste and adjust seasoning if necessary**

**Note: The word “ketchup” comes from china, where it was used for a fish-based sauce. Tomato-based ketchup has been around since the 19th century**

**Skills: *measuring, chopping, frying, blending***