



Home Made Tomato Ketchup

When I was wee I would only use Heinz Tomato Ketchup, the others just didn't seem right. I could never understand why anyone would want to use anything else. Then a few years ago a friend gave me her home made ketchup. Not only was it amazing, but she also made several different slight variations, all from wholesome ingredients, with no artificial flavourings. So here is the basic, every day recipe, it is quick and easy to make.

Ingredients

- **800grams Tinned Plum Tomatoes, blended until creamy**
- **1 Medium Onion, finely chopped**
- **2 tbsp Extra Virgin Olive Oil**
- **80grams Brown Sugar**
- **1 tsp Salt**
- **120ml White Vinegar**
- **1 tbsp Tomato Puree**
- **1 tsp Ground Cinnamon**
- **1 tsp Black Pepper**

Method

1. Heat a large saucepan with extra virgin olive oil on med-low heat, add chopped onion and sauté until clear. Pour in the creamy plum tomatoes.
2. Add brown sugar, tomato puree, vinegar, cinnamon, black pepper and salt to taste, and mix well. Cook for about 40 mins on very-low heat, stirring often, until the sauce thickens.
3. Once the ketchup is ready, simply blend all ingredients in a food processor or blender.
4. Pour your homemade ketchup into sterilized bottles, then seal tightly and place in the fridge, or cool dark place until needed – it should keep for about six months, but tends to disappear.

Next time, adjust the ingredients to even more of your liking. Maybe an adult version - Less sugar? Different vinegars? Garlic? Some nutmeg and chilli powder for a little kick? Or try basil, or other herbs.

I bet you can come up with more than 57 varieties :o)