

Solarpunk Ketchup

Time to prepare: 5-10 minutes

Difficulty: Very Easy

Utensils: Blender / Food processor / Immersion blender

Adaptable: Yes

Vegetarian: Yes

Vegan: Yes

Dish origin: [...]

Ingredients:

- 400g fresh tomatoes or 250g tomato paste
- 180ml vinegar of choice
- 60g sweetener of choice
- 150ml of water
- 2 teaspoons salt of choice

Optional:

- 1 teaspoon each of powdered spices of choice
- 1 teaspoon each of dried herbs of choice
- 1 teaspoon chili powder

Preparation:

If using fresh tomatoes make the tomato paste first; peel them, blend them or mix them with a masher and cook for 10 minutes at medium heat. Cook until it has reduced in about half. Next, add all the ingredients to a bowl and mix until the sugar/sweetener has dissolved. You can also use a blender or food processor. You can store it in the fridge for a couple of months.

You can either make the basic ketchup if you want to start with simple flavors or improvise your own style of ketchup, it's up to you, once you have the basic process down you can customize it towards the ingredients you enjoy and can source locally.

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