

COOKING CUISINE

21st Sept 2022

Additive Free Sauces and Condiments

1.Home-made Pasta & Pizza Sauce

Serves 6

Equipment

- Large Saucepan

Ingredients

- 4 cups diced tomatoes
- 1 onion finely chopped
- 1 bell pepper roasted or grilled
- 2 handfuls fresh basil leaves
- 2-3 garlic gloves (crushed or chopped)
- 4 tbps olive oil
- 2 tsp dried oregano
- 1 tsp paprika (optional)
- ½ tsp black pepper
- 1tbsp brown sugar



Directions

1. Roast the washed and dried bell pepper on the flame of a gas hob or place under the grill until the skin is blistering and browning.
2. Remove the pepper from the heat and immediately drop into a bowl of cold water and rub off the charred skin.
3. Drain and let dry in a colander
4. Meanwhile, heat the olive oil in a large saucepan over medium heat
5. Add the onion and fry for 4-5 minutes until almost translucent
6. Add the garlic and fry for 30 seconds more or until fragrant.
7. Add the chopped tomatoes, chopped pepper and the spices
8. Stir through well and add a lid. Cook for 5 – 10 minutes, stirring occasionally to make sure nothing sticks to the bottom.
9. Remove from the heat.
10. Using a hand blender, blend everything to a smooth sauce.
11. Transfer the Sauce to sterilized jars whilst hot or let cool down and fill in freezer bags or plastic tubs to freeze.

Tip: The sauce will keep in the fridge for up to 1 week and 2 months in the freezer.

Home-made Ketchup

Serves 10

Equipment

- medium-sized saucepan

Ingredients

- 200 gr tomato paste
- 60ml honey or agave
- 100ml apple cider vinegar
- 60,l water
- 1tsp brown sugar
- ½ tsp salt
- ¼ onion powder
- 1/8 garlic powder

Directions

- Combine all ingredients in a medium sized saucepan over medium heat and whisk to combine well
- Bring to a boil, then reduce the heat to a simmer and cook on a low flame for 20 min, stirring regularly to avoid bottom from burning
- Remove from heat and cover. Leave to cool
- Store in the fridge a well-sealed container for upto 7 days



Home-made Mayonnaise

Serves 6

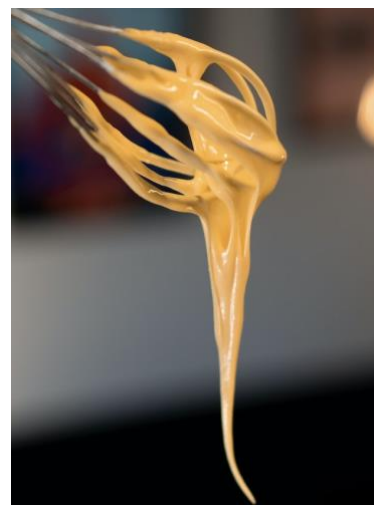
Equipment

- Handblender and tall (measuring) jug

Ingredients

- 1 egg
- ½ tsp mild mustard
- 1 tsp apple cider vinegar
- Pinch salt
- 1/cup light quality vegetable oil

Directions



1. Place all ingredients in the jug and mix
2. with the handblender whilst adding the vegetable oil very slowly and in a small, even drizzle. Continue until a thick mayonnaise has formed.