

Homemade Fresh Tomato Ketchup

Ingredients -

- 1/4 cup cold pressed coconut oil
- 1 1/2 teaspoons red paprika or chilli flakes (as per availability)
- 1/2 teaspoon pink Himalayan salt
- 3 medium cloves of garlic, finely chopped
- 1 kg pureed red tomatoes
- 1 tbsp beetroot puree

Instructions:

1. Combine the oil, red pepper flakes, sea salt, and garlic in a cold saucepan.
2. Stir while you heat the saucepan over medium-high heat, sauté just 45 seconds or so until everything is fragrant - you don't want the garlic to brown.
3. Stir in the tomatoes, beetroot puree and heat to a gentle simmer. This takes just a couple minutes.
4. Remove from heat and carefully taste.
5. If the sauce needs more salt, add it now.
6. Stir in the lemon.
7. Mix and let it cool

Variations:

- Add herbs as per availability in the kitchen.
- Add 4 tsp jaggery for the sweetness required.
- Use it for pasta, pizzas, vegetable gravies preparation too.
- You can add A2 cream for making any special dish.
- Store it in a glass jar in refrigerator and use as per requirement.
- Shelf life – 6-7 days. Use dry wooden or glass spoon only.

