



I love cooking

easy & delicious recipes

Hot Tomato Relish

Introduction:

This recipe makes a lot of relish and it keeps well in the fridge. We serve it often as a side dish or as a relish with meat courses. And we also add it to sauces, stews or soups to give it a nice aromatic, hot kick.

You can however, halve the quantities. As you can also determine the heat and aromatics by using less or more of the chili, garlic, ginger and curry powder. Don't you just love the individuality that good cooking offers?

Ingredients

30 ml sunflower or canola oil
1 large onion, chopped
10 ml cumin seeds
30 ml finely grated ginger root
30 ml finely grated garlic
1 large red pepper, coarsely grated
30 ml mild and aromatic curry powder
2 x 410 g cans chopped tomatoes
45 ml tomato paste
1 – 3 red chilies (seeded or not, you decide the heat)
5 – 10 ml cayenne pepper (or to your own taste)
65 – 125 ml sugar (or to your own taste)
salt

Method

Heat the oil and add the onion. Sauté until golden then add the cumin seeds. Fry until aromatic, about a minute then add the ginger and garlic and fry until aromatic, about half a minute. Add the red pepper and cook until the liquids have reduced completely before stirring in the curry powder. Cook the mixture briefly about 1 minute to cook the floury taste out of the curry powder.

Now add the tomatoes, tomato paste, chili or chilies, cayenne pepper and sugar.

Bring to a boil, reduce heat and simmer covered for 15 – 20 minutes until the sauce is cooked. If you want to thicken it, remove the lid and cook on high until it has reduced and thickened to your liking.

Season and serve.

Yields about 1 litre of relish

Chef's hint:

You can process the relish in your processor or with a stick blender if you like a smooth consistency.