

# Fermented Tomato Sauce



## Ingredients

- 2 Tbsp olive oil
- 120 g coarsely chopped onion
- 30 g roughly chopped garlic
- 650 g canned chopped tomatoes
- 120 g tomato paste
- 2 tsp Chinese five spice (optional)
- 2 tsp mustard powder/paste
- 1 tsp ground black pepper
- 1 tsp ground ginger
- 1 tsp chipotle chilli powder/paste
- 15 g coarse salt
- 50 ml natural brine from sauerkraut (or a simple salt water brine solution: 1 Tbsp/15 ml salt to 1 cup/250 ml water)

OPTIONAL: Honey or sweetener (optional to add before serving). NOTE: don't add to the sauce itself or continuation of fermentation will occur.



## Equipment

- Scale
- Measuring spoons
- Wide-mouthed glass jar with lid
- Cheesecloth or baking paper for the lid during fermentation
- Blender

## Method

1. Wash and sterilise\* all equipment and air dry.
2. In a small pot, warm the oil over medium heat.
3. Add the onions and cook until softened. Add garlic and cook for another minute.
4. Add to a processor or stick blend together with the remainder of the ingredients.
5. Place sauce into the jar and cover with cheesecloth or baking paper. Make sure there are no air pockets and it is not full to the brim.
6. Ferment the sauce in a cool place for four days - taste after three days to see if the flavour is to your liking.
7. If not sour enough, re-seal and leave for another day or two.
8. When the flavour is how you like it, replace the cheesecloth with a regular lid and put in the fridge.
9. Let it develop its flavours in the fridge for another 2-3 days. It will keep for 3-6 months.

NOTE: \*Sterilise by boiling equipment in water for 20-30 min.

- The less you open the jar, the longer it will keep.
- If you think you'll eat it slowly, perhaps transfer to a few smaller jars, so they keep longer.
- If it is delicious but too sour, add a sweetener of choice just before eating.