

Tomato ketchup

Makes 1.5 litres - do a batch and freeze half

3 large onions, chopped
2 cloves of garlic, smashed
1 tsp paprika
1 tsp celery salt

5 tbsp sunflower oil
250ml apple juice
150ml red wine vinegar
500g ripe tomatoes, roughly chopped
Salt and pepper

Gently cook the onion, garlic and spices with the oil in a big pan until the onions are translucent and still have a slight crunch and the spices are fragrant - about 15mins. Add the tomatoes, apple juice, and 120ml of the vinegar. Season and turn the heating down. Allow to simmer for 2 hours to reduce.

Blitz to a puree in a blender or food processor, season heavily. Once cooked, throw in the remainder of the vinegar adding a splash more if it's a bit sweet for your taste.

Season if necessary and then divide between sterilised bottles.

Keep sealed in the fridge for up to 3 months or finish it off within three weeks once opened.