

# PUMPKIN KETCHUP

## *Plain Pumpkin Ketchup and a Curry Variation*

Note that this is one recipe for both variations. You can pick either one and just follow the recipe – or make both!

### Method

Peel, deseed and coarsely chop the pumpkin, and dice the onion.

Place the pumpkin flesh in a large pot and add half the vinegar and onion (if used). Cook everything on medium heat until it's soft and mushy

Then puree the mixture until you've reached a consistency you like for your ketchup.

Add the spices, tomatoo puree and the rest of the vinegar and cook for 30 minutes or until mixture has reached a ketchup-like consistency.

Add the sugar and boil for 5-10 minutes or according to the directions on the package.

Transfer into sterilized jars or bottles, sealing them quickly as you go.

### Note:

Depending on personal preferences, you might want to reduce the amount of vinegar added with the spices.



### Plain Ketchup

1kg	pumpkin (prepared)
350ml	apple cider vinegar
1/2 tsp	salt
1/2 tsp	pepper
1/2 tsp	citric acid powder
1 pinch	kümmel (or to taste)
1 pinch	cumin (or to taste)
65g	tomato puree
450g	2:1 jam sugar

### Curry Ketchup

1kg	pumpkin (prepared)
400ml	apple cider vinegar
80g	onion
1/2	tsp salt
1/4 tsp	pepper
1/2 tsp	citric acid powder
10g	curry powder
15g	tomato puree
450g	2:1 jam sugar