

Ingredients: Tomato Sauce

- 2 kg ripe tomatoes roughly chopped
- 1 onion, roughly chopped
- 2 cloves of garlic crushed
- 2 teaspoons black peppercorns
- 2 teaspoons mustard seeds
- 2 cloves
- 1 teaspoon smoked paprika
- ½ teaspoon ground chilli
- 1 cinnamon stick
- 1/3 cup dextrose
- 1/3 cup apple cider vinegar
- 1 tablespoon lemon juice
- 1 teaspoon of sea salt



Makes 1 litre (about 2 large jars)

If you can't live without splashing tomato sauce onto your snags or meat pie, make your own sugar free version.

Method

1. Put the tomato, onion, garlic, peppercorns, mustard seeds, cloves, paprika, chilli and cinnamon into a large saucepan and bring to the boil over high heat. Reduce the heat to medium and simmer for 45-50 minutes or until reduced by half. Cool. Remove the cinnamon stick.
2. Process the mixture in a food processor until smooth, push through a fine mesh sieve into a clean saucepan, add the dextrose, vinegar, lemon juice and salt and bring to the boil over high heat. Reduce the heat to medium and simmer for 15 minutes or until thickened slightly. Pour into sterilised jars or bottles, then seal. Cool completely.

Ingredients: Barbeque Sauce

- 2 tablespoons olive oil
- 1 small onion, roughly chopped
- 2 cloves garlic, crushed
- 1 fresh long red chilli, chopped
- 1x 400gm tin chopped tomato (no added sugar)
- 2 tablespoons tomato puree (Ardmona rich and thick)
- 2 tablespoons dextrose
- 1 tablespoon Worcestershire sauce
- 2 tablespoons white wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon smoked paprika

Makes 2 cups

Method

1. Heat the oil in a saucepan over low heat. Add the onion and cook for 5 minutes or until slightly softened. Add the garlic, chilli, tomato puree, dextrose Worcestershire sauce, vinegar, mustard and paprika, bring to the boil. Reduce heat to medium and simmer, stirring frequently for 25-30 minutes until thickened. Set aside to cool slightly.
2. Transfer to a blender and blend until smooth, Store in a sterilised glass jar or bottle in the fridge for up to 2 weeks..



Store bought barbeque sauce contains more sugar than tomato sauce, so make this home-made sugar free one instead. This smoky condiment also doubles as an excellent marinade for pork ribs destined for the barbeque.