



# pip's super simple ketchup!

recipe created by



this is a simple homemade recipe that can be made with all ages and differing levels of appropriate supervision. ingredients, such as other veg, fruit or spices can be added once you are comfortable with the basic recipe. the recipe is perfect for using up tomatoes that may be past their best!

## ingredients

- 1 bowl of tomatoes (200g)
- 1 tablespoon of brown sugar
- 1 tablespoon of vinegar
- 1 teaspoon of salt
- half a teaspoon of paprika

## equipment

pan, sieve, tablespoon, teaspoon, knife, bowl (dessert/soup/cereal)  
chopping board or clean non-scratch work surface, hob

## method

- measure your tomatoes, you want to fill your bowl but not come over the top
- roughly chop your tomatoes
- put the tomatoes in the pan & put onto a medium high heat on the hob
- bring the tomatoes to a bubbling boil, then turn them right down to a low heat & let them bubble away for 10 minutes until they become mushy. you may need to stir them from time to time to make sure they do not stick - that will also help mush them a bit. it will take 10 minutes for the tomatoes to break down
- let the tomatoes cool
- once the tomatoes have cooled, put your sieve over the bowl (cleaned & dried) & pour in your tomato mush
- using the back of the tablespoon, squeeze the tomato mush through the sieve until all that is left in the sieve is the skin, seeds and cores
- place the tomato pulp back into the pan & add the remaining ingredients
- keeping an eye on your ketchup creation, stirring it quite frequently to stop it catching on the bottom of the pan, bring your sauce up to a rolling boil. this will need a high heat from the hob at first but then lower it to about medium
- now you need to reduce your sauce to thicken it. i do this for about 6 minutes, remember that the ketchup will be runnier when hot!
- once your sauce is at the right thickness, let it cool, then put it back into your cleaned bowl. use it right away and store it in the fridge, covered - it will keep for about 2 weeks!