



APPETITE & THE WILD
Cook • Fish • Hunt



by MELISSA FROHLOFF

Tomato relish

Ingredients:

- 800g cherry tomatoes
- 200g capsicum, finely diced
- 2 shallots, finely sliced
- 2 cups white sugar
- 1 cup white vinegar
- 1 tbsp dried chilli flakes
- 2 tbsp wholegrain mustard
- 1 tbsp curry powder
- 1 tbsp fresh ginger, grated
- 1 tbsp cornflour
- 1 lime

Method:

1. Cut cherry tomatoes in half.
2. Put tomatoes in slow cooker. Add capsicum, shallots, sugar, vinegar, chilli flakes, wholegrain mustard, ginger and cook on low for three hours, stirring occasionally.

3. Remove lid, use a masher to break down the tomatoes. Add curry powder and juice of one lime.
4. Mix cornflour in a dish with enough water to make a paste. Add to slow cooker and stir to thicken the tomato relish. Put lid back on the slow cooker and simmer for another hour.
5. Remove pot from slow cooker and allow to stand and slightly cool.
6. Sterilise jars in hot water. Spoon tomato relish into warm jars and fill. Turn jars upside down for one minute and then upright to seal jars. Allow to completely cool.

Notes

Serve with cured meats, crackers, cheese or a side to a breakfast dish such as last month's Breakfast Muffins recipe.

Prep time: 10 min | Cook time: 4 hours | Makes 6-8 cups