

Classic Condiments – Ketchup, BBQ and Mayo

Ketchup

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, sliced
- 2 garlic cloves, chopped (about 1 tablespoon)
- 1/4 teaspoon ground allspice
- 2 tablespoons tomato paste
- 1 (28-ounce) can whole tomatoes in juice
- 1/4 cup packed brown sugar
- 1/4 cup apple cider vinegar
- Salt and fresh ground black pepper

Directions

1. Heat oil over medium heat then add onions and cook until they are softened, sweet and lightly browned, about 8 minutes. Add the garlic and allspice then cook, stirring often, for 2 minutes.
2. Add the tomato paste and cook, stirring often, until it turns from red to a burnt orange color, about 2 minutes.
3. Add the can of tomatoes with juice, brown sugar, cider vinegar, a generous pinch of salt, and a few grinds of black pepper. Stir then bring to a simmer, reduce the heat slightly and cook at a low simmer, stirring occasionally, until thickened and shiny, about 20 minutes. Taste then adjust with more salt or pepper.
4. Blend until smooth, let cool to room temperature then refrigerate up to one month.

BBQ Sauce

Ingredients

- 1 can crushed tomato
- 1 can tomato paste
- 1/3 cup apple cider vinegar
- 1/4 cup pure maple syrup
- 1/4 cup molasses
- 2 tablespoons Worcestershire sauce
- 2 teaspoons smoked paprika
- 1 teaspoon dry mustard
- 1 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/8-1/4 teaspoon cayenne pepper, optional for spice

Directions

1. In a medium saucepan, stir together all of the ingredients: tomato sauce, tomato paste, apple cider vinegar, maple syrup, molasses, Worcestershire, smoked paprika, dry mustard, garlic, salt, black pepper, and cayenne pepper.
2. Bring to a simmer over medium heat. Cover with a lid slightly ajar so that the pot is mostly covered to deter splattering, but steam can still escape and the sauce can reduce.
3. Let cook, stirring occasionally, until the sauce thickens, about 10 to 15 minutes.
4. Taste and adjust seasonings as desired. Enjoy immediately or let cool and store in an airtight container in the refrigerator for up to 1 week.

Mayo

Ingredients

- 3 yolks from large eggs, at room temperature
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- 1/4 teaspoon kosher salt, or more to taste
- 1 cup (240 ml) neutral flavored oil, grapeseed, safflower or canola are best

Directions

**If you have a large food processor, use the smaller bowl attachment that came with your processor so that the bowl is not too large for the amount of mayonnaise this recipe makes. Not using the smaller bowl can prevent the mayonnaise from emulsifying since the mixture will not have enough contact with the blade.

***If you do not the smaller bowl attachment, making the mayonnaise with an immersion blender or by hand are alternatives. Or simply make a larger batch and double the recipe and use the standard bowl attachment.

1. Add egg yolks to the small bowl of a food processor and process for 20 seconds. Add the mustard, vinegar, and salt. Process for another 20 seconds.
2. Scrape the sides and bottom of the bowl, turn the food processor on then begin to slowly add the oil in tiny drops until about a quarter of the oil has been added (this is critical for proper emulsification).
3. When you notice that the mixture is beginning to thicken and emulsify, you can be a little less strict. With the processor on, continue to add it slowly, but increase to a very thin stream instead of drops of oil.
4. When all of the oil has been added, scrape the bottom and sides of the bowl and process for an extra 10 seconds. Taste mayonnaise for seasoning then add salt or lemon juice to taste.