

Spicy Banana Catsup

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The main source of unwanted fats in the modern Western diet is not from meats. It is from salad dressings, baked goods, fried foods and condiments. Items like ketchup are often loaded with sugar, salt, unwanted fats and additives. A lovely alternative is my spicy banana catsup, loaded with flavor from spices, vegetables, and fruits!



Ingredients:

- 2 ounces raisins
- 1 medium onion, coarsely chopped
- 2 -3 cloves garlic chopped
- 6 ounces tomato paste
- 1 1/3 cups cider vinegar (more if greater tang desired)
- 4 bananas, cut into chunks
- 2 teaspoons minced ginger
- 3 cups water
- 1/4 cup packed dark brown sugar
- 1 1/2 teaspoons salt
- 1/2 teaspoon cayenne pepper
- 3 Tbs honey
- 2 teaspoons ground allspice
- 3/4 teaspoon ground cinnamon

- $\frac{3}{4}$ teaspoon nutmeg, freshly grated if possible
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- $\frac{1}{4}$ teaspoon ground cloves
- $\frac{1}{2}$ teaspoon ground turmeric
- $\frac{1}{4}$ cup dark rum

Directions:

Add the raisins, onions, garlic, tomato paste, banana, ginger and vinegar to a food processor and process until smooth and then transfer the mixture to a large saucepan along with the 3 cups water, brown sugar and salt. Bring to a boil then reduce to a simmer. Add the cayenne pepper, honey, allspice, cinnamon, nutmeg, pepper, ground cloves, turmeric and rum. Allow to half, simmer for about 1 hour, stirring occasionally. If the mixture becomes too thick, add additional water. Do not allow it to burn on the bottom of the pan. The mixture should turn a deep brick red.

Store covered, in the refrigerator, for up to 1 month.



Use Banana catsup to make a tasty cocktail sauce for items like grilled shrimp