

Low Sodium Sweet Chilli & Ginger Sauce

This recipe makes a thicker looking sauce than a commercial one but it tastes great and has a good pouring consistency without the use of thickening chemicals.

I keep a supply of frozen chopped capsicum, chilli, and other things like parsley on hand so I am only giving the weights required.

This recipe makes 750ml of sauce but the simmering is likely to reduce the liquid below this so a method is required to ensure the correct result. Temporarily put 750ml of water in the pot you are going to use and mark the distance from the water to the top of the pot on a stick of some sort.

Add the following to a food processor.

- 150g **Red Chillies** about 15cm long rough chopped. Smaller are hotter.
- 100g **Red Capsicum** seeded and rough chopped
- 100g **Onion** rough chopped
- 60g **Garlic** rough sliced
- 30g **Ginger** Peeled and sliced
- 1 Cup **White Vinegar**
- ¼ Teaspoon **Clove powder**

Process down to about 3mm particles.
Place in a non aluminium pot and add

- 120g **Brown Sugar**
- 120g **White Sugar**

Bring to the boil then simmer for 30 minutes with stirring.

The sauce should have thickened.

some **Water** add enough to bring it back up to the 750ml level you noted previously.

Boil gently for a further 5 minutes.

Place in sterilised containers and keep in the fridge.