



## *LAMS Open Sauce*

### RECIPE

*Tomato, apple and ginger sauce*

#### Ingredients

1 onion finely chopped  
2 tablespoons olive oil  
500 grams ripe tomatoes skinned and chopped  
2 cooking apples chopped  
2 red chillies seeds removed and finely chopped  
3 cloves garlic, crushed  
6 cm piece ginger grated  
1 teaspoon each, ground cumin & ground coriander  
200 grams brown sugar  
100 mls red wine vinegar

#### Method

Fry onions in oil til soft add garlic and spices and cook til spices are aromatic, 3-5 mins.

Add tomatoes and apples and cook til tender.

Add remaining ingredients and enough water to cover ingredients if required and gently simmer for 1 hour. Puree and bottle.

#### IMPORTANT RECIPE INFORMATION

This recipe is freely distributed to the public.

You are free to use this recipe to make the sauce.

You are free to modify this recipe to make your own version of the sauce.

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