

Green Tomato

Fermented Green Tomato Ketchup Shareholder favorite Sent in by CSA Member Libby Hall

2 lb. Green tomato, chopped (about 5 cups)
2 c. coarsely chopped onions
1 c. chopped fennel
½ c. loosely packed celery Leaf sprigs
3 Tbsp. Salt
1 c. white vinegar
2/3 c. sugar
¼ c. fresh basil
2 cloves minced garlic
¼ t. ground coriander
¼ t. ground cinnamon
Dash ground cloves
½ c. liquid whey*

1. In large glass bowl combine green tomato, onion, fennel, celery and salt. Cover and chill overnight.
2. Drain mixture in a colander. Rinse well to remove excess salt. Transfer mixture to a 4 qt. Stainless steel, enamel or nonstick pot. Stir in vinegar, sugar, basil, garlic, coriander, cinnamon and cloves. Bring to a boil. Reduce heat. Simmer uncovered for 30 min. or until veggies are soft and most of liquid is evaporated. Cool slightly. Transfer mixture, half at a time to food processor. Cover and process until nearly smooth.
3. Divide ketchup between 2 clean qt. Canning jars. Cool to room temperature. Stir in ¼ c. whey in each jar. Cover jars with paper towels and secure with a rubber band. Let ketchup stand at room temperature for 4 hours. Chill 6-8 days or until bubbly before using. Store in an airtight container in refrigerator for up to 2 months. Makes 64 servings, 2 TBSP each.

*for liquid whey, place 1 ½ cups plain yogurt (not Greek or yogurt with gelatin) in a fine-mesh sieve lined with cheesecloth or a coffee filter. Place over a small bowl. Cover, chill 24 hours to drain. The liquid in the bowl is the whey.