

Everything Chilli Sauce

Ingredients:

100g chilli of your choice	2 tbl apple cider vinegar
½ pineapple, peeled and cored	2 tbl honey
¼ cup extra virgin olive oil	2-3 tbl water
3 cm piece of ginger, peeled	1 tsp cayenne pepper
1 head garlic, peeled	1 tsp paprika
	Salt and pepper to taste



Method:

The best thing about this sauce is you can control the heat. Add more fruit and honey for a sweeter sauce, leave out the hot chillies for a milder flavour or add everything in for a tangy and punchy sauce.

1. Deseed the chillies (or leave in according to preference). Roughly chop the pineapple, garlic and ginger. Place everything into a food processor or high-speed blender. Leave out the water for now.
2. Pulse the sauce a few times to loosen, if it looks too dry, add the water. Blend until everything is well combined and smooth.
3. The sauce should be slightly chunky and thick. For a smooth sauce, strain it through a sieve to remove chunks. To make it thinner, add a little more water while blending.
4. Add the sauce to a sterilised jar or bottle and keep refrigerated. Should last two-three weeks in the airtight container in the fridge. Discard if mould starts to form on top.

Yield: ±500ml

Prep time: 10 minutes