

Banana Ketchup

adapted from http://www.eatingwell.com/recipes/spicy_banana_ketchup.html

EatingWell: February/March 2006

About 2 ½ cups | Active Time: 40 minutes | Total Time: 40 minutes

Ingredients

- * 1 tablespoon olive oil
- * 2 cups chopped sweet onion (about 1 large)
- * 2 teaspoons minced candied ginger
- * ¼ cup minced poblano pepper
- * ¾ teaspoon salt
- * 1 teaspoon ground allspice
- * 1½ cups mashed very ripe bananas, (3-4 medium)
- * ½ cup cider vinegar
- * 1½ oz. double concentrated tomato paste (in a tube) or 3 oz. regular tomato paste
- * 1 tablespoon reduced-sodium soy sauce
- * 1 teaspoon cinnamon
- * ½ teaspoon nutmeg
- * ¼ teaspoon ground black pepper
- * ¼ teaspoon ground red pepper
- * ¼ cup gold raisins (optional)
- * 1 tablespoon molasses (optional)
- * ¼ cup water (optional)

Preparation

Heat oil in a large saucepan over medium heat. Add onion, ginger, poblano pepper and salt; cover and cook, stirring often, until soft and just starting to brown, 6 to 8 minutes. Add allspice and cook, uncovered, stirring constantly, until fragrant, about 30 seconds. Add bananas, vinegar, tomato paste, soy sauce, and rest of spices; increase heat to medium-high and bring to a simmer, stirring often. Taste, if some sweetening is needed, add raisins and/or molasses. Reduce heat to low and cook, stirring occasionally, until very thick, 15 to 20 minutes. After sauce is cool enough to handle, puree in a blender. Add a small amount of water if needed. Serve warm or cold.