

Easy, Homemade Fermented Ketchup

Fermented Foods at Every Meal by Hayley Barista Ryczek

It's easy to add fermented foods to every meal when you serve homemade fermented ketchup that everybody in the family will love. I love to make pretty much everything I can myself. One exception is ketchup. I can make my own ketchup, but I was afraid of going through the process and then having it go bad too quickly. As much as I often love being in the kitchen, slaving over a hot stove once a week making homemade ketchup wasn't going to happen. But, you can make homemade fermented ketchup whose good bacteria not only helps your digestive system, but will keep for much longer; up to 6 months in the refrigerator.

Whey is a great ally for helping to ferment condiments... Whey is the liquid part of milk that remains after curdling and straining cheese or yogurt. So, even if you don't make cheese, you can easily obtain whey from yogurt. To get more whey from your yogurt, you can let it slowly strain through a tightly woven cheesecloth over a bowl. You'll end up with a thick yogurt or yogurt cheese in the cloth, and liquid whey in the bowl below. If you don't have whey, you can substitute sauerkraut juice from live kraut or other cultured vegetable juice, or kombucha. This will change the flavor, so feel free to experiment and see which flavor you like best.

Wardee (GNOWFGLINS) said she kept an unopened jar in the back of her fridge for 6 months. An open container will have a shorter shelf life.

Ingredients

- 2 cups tomato paste
- ¼ cup honey or maple syrup, or sugar
- 6 Tbs whey
- 2 Tbs apple cider vinegar
- 1 tsp unrefined sea salt
- 1 tsp allspice ground
- ½ tsp ground cloves

OPTIONAL:

- celery powder
- onion powder
- garlic powder



Instructions

- Mix the tomato paste and honey in a bowl.
- Whisk in ¼ cup (60ml) of the whey, vinegar, salt, allspice, and cloves. Continue blending until all the ingredients are evenly dispersed and the mixture is smooth.
- Spoon the homemade ketchup into a glass jar, top with the remaining (28ml) whey, and cover with cheesecloth secured with a rubber band or string. Let sit undisturbed at room temperature out of direct sunlight, for 3 days.
- After 3 days, uncover the ketchup and stir it thoroughly. Cover with an airtight lid and transfer to the refrigerator for storage. You can use it immediately, or store it in the refrigerator for several months.

To Make Homemade Whey (for fermentation starter):

- Wrap up some plain yogurt in a plain cloth napkin, and let it drain until it stops. Bottle the whey.
- Use the leftover dry yogurt as cream cheese substitute.

