

TOMATO KASAUNDI

(Regina Castelino)

Ingredients

3 lbs Tomatoes
1 ½ tbsps Chilli powder
1 tbsp (heaped) Cumin powder
1 ½ tbsps Mustard Seeds
1 ½ tbsps Tumeric powder
2 cups sugar
1 cup (8 ozs) Vinegar
1 cup Oil (Vegetable)
3 small pods Garlic) Blend with
4 big pieces Ginger) vinegar
Salt to taste

Method

- ❖ Dip the tomatoes in boiling water and skin. Cut into pieces and cook for a while.
- ❖ Bring the oil to a boil. Add the powdered spices, garlic, ginger and fry.
- ❖ Add the tomatoes, sugar, vinegar and salt to taste. Cook for a while. Add green chillies (cut in bits) and cook further for a few minutes.
- ❖ Cool then bottle