

Tomato & Chilli Jam

Season: Summer/Autumn

Makes: 4 × 250 ml jars

Fresh from the garden: chillies, ginger, red onions, tomatoes

This easy jam is a great way to use up the summer glut of tomatoes, while chillies are in abundance through the hot months. This jam is fantastic served alongside cold meats, as well as cheese and bread. Add some festive labels to the jars and give as gifts to family and friends.

Note: You can use any tomatoes you have available for this recipe; take note of the sterilising instructions at the end of the recipe.

Equipment:

metric measuring scales,
cups and spoons
clean tea towel
chopping board
cook's knife
vegetable peeler
grater
large, heavy-based
saucepan
wooden spoon
4 × 250 ml sterilised
glass jars and lids**

Ingredients:

2 red onions, finely chopped
800 g ripe tomatoes, roughly
chopped
3 long red chillies, de-seeded and
finely chopped
5-cm piece of fresh ginger, peeled
and grated
1 star anise
1 cup white wine vinegar
300 g brown sugar
2 tsp fish sauce



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Cook the red onion and chopped tomato in the large, heavy-based saucepan over a low heat.
3. Add the chilli, ginger, star anise, vinegar and sugar. Bring to the boil, then simmer for about 30 minutes or until very thick. You should be able to draw a wooden spoon across the base of the pan and leave a 'channel' behind that doesn't immediately fill with liquid.
4. Add the fish sauce and cook for a further 2–3 minutes.
5. ***Spoon into warm sterilised jars while still hot.** Screw the lids on tightly, then label and decorate.

*Adult supervision required.

**See Shared Table resource [How to preserve safely](#) for information on how to sterilise jars and lids.