



## Tomato Relish

### Ingredients:

1 kg ripe tomatoes (roughly chopped)  
2 large brown onions (finely chopped)  
1 cup white sugar  
1 cup white vinegar

1 tablespoon salt  
1 tablespoon mustard seeds  
1 tablespoon curry powder (mild)  
2 tablespoons cornflour (mixed with a little water to make a paste)



### Method:

#### 1. Prep your ingredients:

Chop tomatoes and onions (Grade 5s can help with safe knives).

#### 2. Cook the relish:

Place tomatoes, onions, sugar, vinegar, salt, mustard seeds, and curry powder into a large saucepan.

Stir well and bring to a gentle boil.

Simmer for 40 minutes, stirring now and then until it thickens slightly.

#### 3. Thicken it up:

Mix cornflour with a little water to make a smooth paste. Stir into the relish and cook for another 5–10 minutes until thickened.

#### 5. Cool and jar it:

Carefully spoon the hot relish into clean jars. Seal and let cool.



## **Equipment:**

**Large saucepan**

**Wooden spoon**

**Measuring cups & spoons**

**Chopping boards & knives**

**Small clean jars or containers**

**Ladle or spoon for filling jars**