

Belize Quick Chilli Sauce



“A made to your taste chilli sauce” & a great way to use any glut of chilli’s from your garden.

This recipe is suitable for bottling. but if you want a longer storage life?

Do make sure that you add extra vinegar & the vinegar you use has 5% acidity

READY IN: 25mins

INGREDIENTS

- 1 onion, large, finely chopped (smaller the better)
- 2 garlic cloves, chopped or crushed
- Oil Rapeseed to suit
- 1 cup carrot, chopped small
- 2 cups water.
- 10 habanero peppers, seeded chopped fine, based on the heat level you want
- 3 tablespoons lime juice, can also use orange juice
- 3 tablespoons white vinegar
- 1 teaspoon salt

Optional bell peppers chopped tomatoes, (to bulk up sauce)

DIRECTIONS

Sauté the onion till clear & soft in an oiled sauce pan add the garlic, once the garlic starts to give off its aroma, carrots, and water. If you are using the bell peppers & tomatoes add now, (good for using over ripe or freezer saved tomatoes)

Bring to boil, reduce heat and simmer until the carrots are soft.

Add Chilli’s, for a few minutes (& add optional soft fruits)
Remove from heat.& now add fresh lime juice and salt to the carrot mixture.

When cooled a bit place in a blender and puree until it reaches a smooth consistency.

Pour into sterilized bottles or jars and seal. Keep refrigerated.

optional sweet fruits, any over ripe fruit, in hot climates papayas or mango