

Red Onion, Tomato and Chilli Relish

A thick hot and very tasty relish, good with burgers, in jacket potatoes, with cheese on toast, or in sandwiches.

1 medium red onion, peeled and finely chopped
1 lb (450 g) ripe red tomatoes
1 small red chilli, deseeded and finely chopped
1 large clove garlic, peeled and crushed
2 tablespoons dark brown soft sugar
8 fl oz (225 ml) balsamic vinegar
salt and freshly milled black pepper

First skin the tomatoes: Pour boiling water over them and leave for exactly 1 minute before draining them and slipping off the skins (protect your hands with a cloth if they are too hot).

Put the onion, chilli, garlic and tomatoes in a food processor and blend until finely chopped, then place the mixture in a small saucepan and add the sugar and vinegar. Place the pan over a gentle heat and simmer very gently, without a lid, for 2 hours, by which time the mixture will have reduced to a thick sauce.

Towards the end of the cooking time, stir frequently so the sauce doesn't stick to the bottom of the pan. Then taste to check the seasoning.