# Complimentary Condiments

## SASKATOON KETCHUP

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 cups saskatoons</td>
<td>1/4 tsp allspice</td>
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<tr>
<td>1/3 cup chopped sweet onion</td>
<td>1/4 tsp salt</td>
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<tr>
<td>1/4 cup balsamic vinegar</td>
<td>1/8 tsp freshly ground nutmeg</td>
</tr>
<tr>
<td>1/4 cup ketchup</td>
<td>3 tbsp water</td>
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<tr>
<td>3 tbsp sugar</td>
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Combine all ingredients except water in a nonreactive saucepan. Bring to a boil over medium heat. Reduce heat to low and simmer, stirring occasionally, for 15 minutes. Remove from heat and let cool for 15 minutes. Transfer mixture to a blender; add water. Puree mixture until smooth. Cover and refrigerate for up to 1 week or freeze for up to 1 month. Serve with pork, lamb, chicken or grilled potatoes. *Makes 1 1/2 cups.*

Nutritional analysis per tbsp:
- 19 calories, 0.1 g fat, 0.2 g protein, 4.6 g carbohydrate, 0.3 g fibre, 53 mg sodium

## ROASTED PEPPER KETCHUP

Serve this richly-flavoured sauce with grilled Italian sausage, chicken or hamburgers or use as a pizza sauce.

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 cup canned roasted red peppers, drained</td>
<td>2 tbsp balsamic vinegar</td>
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<tr>
<td>3 tbsp packed brown sugar</td>
<td>1 tsp salt</td>
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Combine all ingredients in a blender; puree until smooth. Transfer mixture to a small nonreactive saucepan. Bring to a boil; reduce heat and simmer over low heat until thickened, about 10 - 15 minutes. *Makes 2/3 cup.*

Nutritional analysis per tbsp:
- 24 calories, 0.1 g fat, 0.2 g protein, 5.6 g carbohydrate, 0.2 g fibre, 260 mg sodium

## PICKLED RED ONIONS

These onions are great in salads, sandwiches and burgers.

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>1 cup red wine vinegar</td>
<td>1 sprig fresh thyme</td>
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<tr>
<td>3/4 cup water</td>
<td>1 bay leaf</td>
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<tr>
<td>1/4 cup granulated sugar</td>
<td>1/2 tsp salt</td>
</tr>
<tr>
<td>5 black peppercorns</td>
<td>2 cups vertically sliced red onions</td>
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<tr>
<td>2 strips orange peel (3x1/2 inch each)</td>
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</tbody>
</table>

Combine all ingredients except red onions in a medium non-reactive saucepan. Bring to a boil over medium heat, stirring to dissolve sugar. Add red onions and return to a boil. Reduce heat and simmer, uncovered, stirring occasionally, for 1 minute. Remove from heat and cool slightly. Transfer mixture to a heatproof food-safe non-reactive container; cool to room temperature, stirring occasionally. Cover and refrigerate for at least 4 hours or up to 1 week. To serve, remove red onions from vinegar mixture. Discard vinegar mixture once all red onions are used. *Makes about 2 cups.*

Nutritional analysis per 1 tbsp serving:
- 7 calories, 0 g fat, 0.1 g protein, 1.6 g carbohydrate, 0.1 g fibre, 19 mg sodium

**Cook's Note:** To vertically slice an onion, trim top and root end off onion; remove skin. Cut onion in half lengthwise. Thinly slice each half lengthwise into strips.

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HONEY MUSTARD SAUCE

1 tbsp dry mustard  
1/4 cup sugar  
2 tbsp vinegar  
2 tbsp honey  
Pinch of salt

In a small saucepan, combine dry mustard, sugar, vinegar, honey and a pinch of salt. Bring slowly to a boil. Serve at room temperature. *Makes 1/3 cup.*

_Nutritional analysis per tbsp:_

59 calories, 0.3 g fat, 0.3 g protein, 14.3 g carbohydrate, 0.2 g fibre, 39 mg sodium

SPICY MUSTARD

1/2 cup yellow mustard  
1 tsp liquid honey  
1 tsp Sriracha sauce

Combine all ingredients until blended. Refrigerate until serving. *Makes 1/2 cup.*

_Nutritional analysis per 1 tbsp serving:_

14 calories, 0.6 g fat, 0.8 g protein, 1.7 g carbohydrate, 0.5 g fibre, 189 mg sodium

_Cook’s Note:_ Sriracha sauce is a Thai hot sauce made from dried chile peppers, vinegar, garlic, sugar and salt. Look for it in Asian grocery stores or the Asian section of large grocery stores.

FREEZER CUCUMBER RELISH

This relish is great on burgers or as a meat accompaniment. It may be frozen in usable portions or used right away.

3 cups finely chopped seeded English cucumber  
2 cups pure white vinegar  
2 cups finely chopped celery  
2 cups granulated sugar  
2 cups finely chopped onions  
1 tbsp celery seed  
1 cup finely chopped green bell pepper  
1 tsp mustard seed  
1 cup finely chopped red bell pepper  
Salt*

Combine cucumber, celery, onions, green pepper and red pepper in a large bowl. Working in batches, place vegetable mixture in a potato ricer and squeeze firmly until all excess moisture is removed; set vegetable mixture aside. Combine vinegar, sugar, celery seed and mustard seed in a non-reactive Dutch oven. Bring to a boil over medium heat, stirring to dissolve sugar. Add vegetable mixture and return to a boil. Reduce heat and simmer, uncovered, stirring occasionally, until most of liquid is evaporated and vegetables are softened, about 12 - 15 minutes. Remove from heat and season to taste with salt. Cool relish quickly by placing Dutch oven in a sink of ice water and stirring relish frequently to allow steam to escape. Do not allow ice water to enter Dutch oven. Spoon cooled relish into freezer containers and freeze for up to 4 months. Thaw relish in refrigerator. Thawed relish may be refrigerated for up to 1 week. *Makes about 6 cups.*

_Nutritional analysis per 1 tbsp serving:_

21 calories, 0.1 g fat, 0.1 g protein, 4.9 g carbohydrate, 0.2 g fibre, 2 mg sodium

*Ingredient not included in nutritional analysis.

BLUEBERRY KETCHUP

2 cups fresh or frozen blueberries  
1/4 tsp garlic powder  
1/4 cup balsamic vinegar  
1/4 tsp salt  
1/4 cup ketchup  
1/8 tsp cayenne pepper  
1/4 cup sugar

Combine all ingredients in a medium nonreactive saucepan. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, stirring occasionally, until mixture is slightly thickened, about 15 minutes. Transfer mixture to a blender. Puree until smooth; cool. Cover and refrigerate for up to 1 week. Serve with lamb, chicken or grilled potatoes. *Makes 1 1/2 cups.*

_Nutritional analysis per serving:_

20 calories, 0.0 g fat, 0.2 g protein, 4.9 g carbohydrate, 0.3 g fibre, 53 mg sodium

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