

Foraged Rosehip Ketchup

Ingredients

- Around 300 grams rosehips (amount may vary based on type of rosehip)
- ¼ cup distilled vinegar
- ½ cup brown sugar
- ¼ cup diced onion
- 1 tsp. salt
- ½ tsp. cinnamon
- ½ tsp. black pepper
- ½ tsp. ground ginger

Steps

1. Remove the dried blossom ends of the rosehips. Place them in a small saucepan, and cover with about a cup of water. Boil for 15-20 minutes, stirring occasionally, to soften the rosehips.
2. Transfer the rosehips to a blender, along with the remaining liquid in the pot and an additional ½ cup of water. Blend, and push the mixture through a fine metal strainer to remove the seeds. You want to have about 1 ½ cups of rosehip puree once you're done straining.
3. Return the rosehip puree to the blender. Add to it the remaining ingredients, and blend until smooth. Place the puree in a saucepan on the stove, and bring to a simmer. Stirring frequently, scraping the bottom, simmer for about 20 minutes until you have a thick, ketchup texture. Transfer the ketchup to an airtight container, and store in the fridge.

