

# Bush Tomato Relish



*Makes 1 cup*



*60 minutes*



*Summer*



*Bush Tomato*



## INGREDIENTS:

- 12-15g dried whole bush tomatoes
- 1 cup boiling water (for soaking)
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, finely diced
- 2 cloves garlic, finely chopped
- 1 small carrot, grated
- 2 tablespoon sugar
- 1 teaspoon mustard powder
- 1 teaspoon cumin powder
- 1 teaspoon smoked paprika
- ½ cup apple cider vinegar
- 2 tablespoon tomato paste
- Salt and pepper to taste.



## METHOD:

1. Put the dried bush tomatoes in a heatproof bowl. Pour over 1 cup of boiling water. Soak for 20 minutes. Drain, keeping  $\frac{1}{3}$  cup of the water. Chop the bush tomatoes.
2. Heat olive oil in a medium saucepan over medium heat. Add diced onion and a pinch of salt. Cook for 6–8 minutes, stirring, until soft.
3. Add garlic. Cook for 1–2 minutes until it smells fragrant.
4. Add grated carrot. Cook for 4–5 minutes until soft. Stir in tomato paste and cook for 2–3 minutes until it darkens slightly.
5. Add mustard powder, cumin, and smoked paprika. Cook for 30–60 seconds until fragrant.
6. Add chopped bush tomatoes, apple cider vinegar, and the reserved soaking liquid. Season with salt and pepper.
7. Simmer uncovered for 25–35 minutes, stirring now and then, until thick and glossy.
8. Taste and adjust:
  - Too sour? Add 1–2 tsp sugar.
  - Too sweet? Add 1–2 tbsp vinegar.
9. Add more salt and pepper if needed.
10. Cool completely. Store in a clean jar in the fridge for 7–10 days.

## TIPS:

- Bush tomato powder: Use 2–3 tsp and adjust during simmering.
- Sugar-free: Use 1 grated apple (eg: pink lady) instead of sugar. Add with carrot in Step 4.
- Texture: Leave chunky for relish texture or blend briefly for a smoother spread.
- Serving: Great with grilled meats, cheese boards, sandwiches, or roast veggies.
- Freezing: Can be kept in freezer for 3 months. Thaw in fridge overnight. If thin, simmer 5–10 mins to thicken.

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*This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.*