

Caribbean Banana Ketchup

Ingredients:

- 5-6 bananas (or consider substituting with 5 plantains, or a mix)
- 6 orange or red habaneros (more or less depending on heat preference)
- 2 Tbsp salt
- 8 cloves garlic, halved
- Nub of ginger, ~15g, sliced
- 1/4 cup orange juice
- Juice of 1 lime
- 1 tsp Jamaican curry
- 1/2 tsp nutmeg
- 1/4 tsp black pepper
- 1/4 tsp grains of paradise, ground
- 1/4 tsp allspice, ground
- 1/4 tsp cardamom
- 1/4 tsp ground cloves
- 1/8 tsp coriander

Directions:

In a blender or food processor, combine all the ingredients and blend until smooth. (As needed, weigh the mash to determine how many grams of salt needed for a 5% mash. Otherwise, just add 2 TBSP additive-free salt and blend in.)