

*Chef Jon's  
Recipe of the Month*

## LACTO- FERMENTED TOMATO SAUCE:

### RECIPE

- 1 kg of tomatoes, washed
- 6 cloves of garlic, peeled
- Small nob of ginger, peeled
- 2 bay leaves
- 2 red onions
- 4 red peppers
- Rosemary & thyme
- 1 teaspoon of fennel seeds
- 50g Himalayan salt
- 1.2 litre filtered water or spring water
- 500g vegetable stock



### METHOD

- Cut the tomatoes in half and wash well.
- Add the tomatoes to an air-lock container with herbs, garlic and ginger.
- In a mixing bowl, whisk the salt and water together until the salt has disappeared, then add to the tomatoes.
- **Leave this out to ferment for 5 days.**
- Slice the red onion and pepper
- In a medium pan with 50ml of oil, gently cook to an even colour for about 5 mins.
- Drain the tomatoes, transfer to an oven dish and roast for 20 mins at 175c.
- Add the cooked tomatoes to the pepper and onions
- Add vegetable stock and mix well.
- Slowly cookout with bay leaves, and keep on mixing.
- Reduce by half then remove bay leaves
- Finally blitz in blender until smooth.

*Available this month in the restaurant.*