

Pineapple and ginger with ghost peppers hot sauce



Ingredient

- Pineapple (tinned) 1 Kg
- Ginger 100gm
- Ghost pepper (fermented paste) $\frac{1}{4}$ cup
- Yellow capsicum 350gm
- Onion (diced) 100gm
- Carrot (grated) 200gm
- Turmeric 2 Tbs
- Brown sugar 1 cup

- Lime juice $\frac{1}{2}$ Cup
- Apple cider vinegar $1 \frac{1}{2}$ Cup
- Garlic 6 Cloves 20gm
- Salt 1 tsp
- Poppy seeds 2Tbs (optional)

Makes 2 litres

Directions

1. Combine all ingredients in a large pot, bring to the boil, reduce heat and simmer for 30 minutes.
2. Use a stick blender to create desired texture.
3. bring back to simmer, then turn off heat. Add poppy seeds if using. leave for 20mins.
4. bottle into sterilised vessels.



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