

## Ketchup

Ketchup (or catsup/tomato sauce) is the world's most popular condiment, and goes along with almost anything.

### Ingredients

- 340g (12oz) crushed tomatoes
- ½ cup brown sugar
- ½ tsp. powdered mustard seeds
- ½ tsp. salt
- ½ tsp. cinnamon
- dash of powdered clove
- 2/3 cup of water
- 4 tbsp. white wine vinegar
- dash of chili powder (optional)



### Preparation

- Combine all the ingredients in a large bowl.
- Stir until the sugar fully melts.
- Place in a sealed container and leave in the fridge overnight.
- Your Ketchup should last for about 3 weeks in the fridge.

## Mayonnaise with egg

Mayo is the perfect addition for sandwiches and salads.

### Ingredients

- 1 egg
- ¾ cup olive oil
- 2 tbsp. vinegar
- ½ tbsp. salt



### Preparation

- Blend the egg, vinegar and salt for about 10 seconds.
- Reduce the blending speed and slowly add the olive oil.
- Blend on slow for 30 seconds until the mixture becomes thick.
- Your mayo should last for about 2-4 weeks in the fridge.

## **Mayo without eggs**

- 3 tbsp lemon juice
- 1/2 cup soy milk
- 1/4 tsp salt
- 1/4 tsp paprika
- 1/4 tsp mustard
- 6 tbsp vegetable oil
- Blend on the lowest speed everything but the oil. Gradually - one drop at a time - add the oil until the mixture starts to thicken. You can also use a food processor if needed. Chill for thicker mayo and store in fridge

## **Mustard**

Mustard goes along splendidly with ketchup and mayo, especially in meaty sandwiches.

### **Ingredients**

- 1/3 cup mustard seeds
- 1/3 cup white wine vinegar
- 1 tbsp. maple syrup
- 1 tsp. turmeric
- 1/2 tsp. salt
- dash chili powder
- 1-3 tsp. horseradish (optional)



### **Preparation**

- Combine all the ingredients but the horseradish, in a bowl, and let sit for 3 days in the fridge.
- Blend the mixture until the texture is smooth and even.
- If the mixture is too thick, add 2-4 tbsp. of lukewarm water.
- Add the horseradish and blend again.
- Your mustard should last for about 6 months in the fridge. (but it's best in the first month)

## **“Thousand Island” Dressing**

This famous dressing turns every salad into a party.

### **Ingredients**

- 1/2 cup mayo

- 2 tbsp. ketchup
- 2 tbsp. horseradish
- 2 tsp. finely chopped onion
- ¼ tsp finely chopped garlic
- dash of salt
- 2-3 drops of Tabasco (optional)

### **Preparation**

- Combine all the ingredients in a bowl.
- Let the mixture sit in the fridge for an hour.
- Your dressing should stay fresh for about 3-4 days in the fridge.

## **Barbeque Sauce**

BBQ sauce is a staple addition to any meat dish, as marinade or as a condiment.

### **Ingredients**

- 2 shallots, chopped
- ½ bell pepper, chopped
- 1 small jalapeno pepper, chopped
- 3 small tomatoes, seeded, chopped
- ½ tbsp. canola oil
- ½ tbsp. white pepper powder
- 1 tbsp. crushed tomatoes
- ¾ cup instant coffee (strong, no milk)
- 2/3 cup stock
- ½ tsp. powdered onion
- ½ tsp. garlic powder
- 2 tbsp. red wine vinegar
- 1 tsp. soy sauce
- 2 tsp. cumin
- hickory essence
- salt & pepper (to taste)



### **Preparation**

- In a small pot, fry the onions and peppers on medium heat. Add salt & pepper.

- Once the onion is translucent, add the tomatoes and cook for 5 minutes, or until the tomato juice has evaporated.
- Add the crushed tomatoes and cook for another minute.
- Slowly add the instant coffee, then all the other ingredients.
- Turn the heat off and blend until the mixture is smooth.
- Cook over a medium heat for another 15 minutes.
- Your BBQ sauce should last for about 2-3 months in the fridge.

## Sweet Chili Sauce

This Thai sauce can make any noodle dish taste better, or be used as a fun dip.

### Ingredients

- ½ cup rice vinegar (or malt vinegar)
- ½ cup white sugar
- ¼ cup water
- 2 tbsp. cooking sherry
- 3 garlic cloves, crushed
- 1-2 tsp. chili powder
- 1½ tbsp. cornstarch, dissolved in 4 tbsp. water.



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### Preparation

- In a pot, mix all the ingredients (except for the cornstarch) and bring to a boil.
- Lower the heat to medium and let the pot simmer for about 10 minutes, or until the volume is halved.
- Lower the heat and add the cornstarch. Stir for 2 minutes.
- Remove from the stove and add sugar or chili if you'd like.
- Your sweet chili sauce should last for about 2-3 months in the fridge.

## Vinaigrette Dressing

The perfect dressing for green, leafy salads.

### Ingredients

- ½ cup red wine vinegar
- ½ cup vegetable oil

- 1 garlic clove, crushed
- 2 tsp. White sugar
- 2 tsp. salt

### **Preparation**

- Combine all the ingredients in a sealable jar.
- Shake the jar well until everything combines.
- Use immediately, but can last for up to a week in the fridge.

## **Dill & Garlic Dip**

The dill & garlic dip is also a great salad dressing and a condiment for sandwiches.

### **Ingredients**

- 1 cup mayonnaise
- 1 tbsp. garlic, crushed
- 2 tbsp. fresh dill, chopped
- 1 tsp. onion powder
- 2-3 tbsp. milk
- salt & pepper to taste



### **Preparation**

- Blend all the ingredients until the texture is consistent.
- Adjust seasoning to your liking.
- This dip will stay fresh for about 1-2 weeks in the fridge.

## **Worcestershire Sauce**

Not “real” Worcester sauce, but rather a quick and easy version. It goes great with meat dishes, salads, and of course – a good Bloody Mary.

### **Ingredients**

- ½ cup apple cider vinegar
- 2 tbsp. Thai fish sauce
- 2 tbsp. honey

- 1 tbsp. molasses
- juice from one lime
- ½ tsp. ground clove
- ½ tsp. onion powder
- ¼ tsp. garlic, chopped
- ¼ tsp. chili powder

### **Preparation**

- In a sealable jar, mix all the ingredients.
- Shake until everything is combined.
- This sauce will stay fresh for about 1-2 weeks in the fridge.

## **Teriyaki Sauce**

Teriyaki sauce is a must-have in any Asian meal.

### **Ingredients**

- ½ cup soy sauce
- ¼ cup water
- 2 tbsp. sweet rice wine
- 1½ tbsp. brown sugar
- ¼ cup white sugar
- 1½ tsp. garlic, crushed
- 1½ tsp. ginger, crushed



### **Preparation**

- In a small bowl, combine all of the ingredients.
- Pour into a skillet and cook on medium heat until the sugar has melted.
- Allow to cool.
- This Teriyaki sauce will stay fresh for about 1-2 weeks in the fridge.

## **Pesto**

A delicious Italian sauce that can be used for anything from pasta dishes to meaty sandwiches.

### **Ingredients**



- 2 cups fresh basil leaves, packed
- 2 garlic cloves
- ¼ cup pine nuts
- 2/3 cup olive oil
- ½ cup parmesan cheese, grated
- salt & pepper to taste

## Preparation

- Put the basil, garlic and pine nuts in a food processor and blend until the mix is coarsely chopped.
- Add ½ cup of olive oil and blend until the texture is smooth.
- Add the rest of the oil and the grated parmesan and blend until the sauce is consistent.
- If you have any leftover sauce, you can freeze it for up to 3 months.

## Kalamata Olives Tapenade

A tapenade is an olive paste that adds a special and delicious flavor to any sandwich.

## Ingredients

- 2 cups Kalamata olives, pitted
- 2 tbsp. capers
- 3 anchovies
- 1 lemon, juiced
- 2 garlic cloves
- 1 tbsp. thyme
- 1 tbsp. oregano
- ½ cup olive oil
- fresh ground black pepper



## Preparation

- Blend all of the ingredients in a food processor.
- Adjust seasoning to your liking.
- Your tapenade will stay fresh for up to 1-2 months.

## **CESAR DRESSING**

- 2 small garlic cloves, minced
- 1 teaspoon anchovy paste (found near the tuna fish in the supermarket)
- 2 tablespoons freshly squeezed lemon juice, from one lemon
- 1 teaspoon Dijon mustard (I like the brand Maille)
- 1 teaspoon Worcestershire sauce
- 1 cup mayonnaise, best quality such as Hellmann's Real
- 1/2 cup freshly grated Parmigiano-Reggiano
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

### **Instructions**

In a medium bowl, whisk together the garlic, anchovy paste, lemon juice, Dijon mustard and Worcestershire sauce. Add the mayonnaise, Parmigiano-Reggiano, salt and pepper and whisk until well combined. Taste and adjust to your liking. The dressing will keep well in the fridge for about a week.