

Ketchup By Judy Bennett on Sunday, January 26, 2014 at 11:19pm

Ketchup - recipe from my Amish friend Lydia Bontrager

Ingredients:

1/2 bushel tomatoes

4 Tbsp salt

1 tsp cinnamon

1/2 tsp paprika

1-1/2 cups vinegar

4 cups sugar

1/2 tsp mustard

1/2 tsp ground cloves

6 large onions

1 cup Perma Flo (or cornstarch)

Cook the chunked tomatoes until soft. Let stand 20 minutes. Skim off the main juice to make V-8 juice, if you wish. Put the tomatoes through a strainer.

Meanwhile, cut up the 6 large onions and cook them until soft. Strain the juice into the tomato pulp. Boil 10 minutes. Add the seasonings and continue boiling while you mix 1-1/2 cups vinegar with 1 cup Perma Flo or other thickener. Add this to the ketchup. Boil until thick and keep stirring often until you have it all canned.

Ladle into sterile jars and waterbath 30 minutes for pints.