

BIR Tomato Paste Recipe

Spice: Mild | Difficulty: Easy | Total: 20 mins | Prep: 5 mins | Cook: 15 mins

Tomato puree on its own is too strong and thick to use in BIR cooking, conversely tinned tomatoes are a little too weak and not also suited as they don't cook down quickly enough. When tomato paste is called for in a BIR recipe it is usually a cooked combination of both tomato puree and tinned tomatoes, this gives a great tasting tomato base to curries and speeds up the cooking process.

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Ingredients

½ tin (200g) plum tomatoes

1 tablespoon (40g) tomato puree

1 chef's spoon (40ml) vegetable oil

½ teaspoon (5g) garlic paste

½ teaspoon (5g) ginger paste

120ml water

Instructions

- 1 In a pan, blend the plum tomatoes with the tomato puree until smooth
- 2 Add the vegetable oil, garlic paste, ginger paste and water
- 3 Cook the mixture on a medium heat for 10-15 minutes
- 4 The paste is ready when the oil starts to rise to the top and the consistency is similar to passata
- 5 Once cooled, store in a container for up to 3 days in the fridge. Alternatively store in 20-30g portions in the freezer for up to 1 month.

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