



Tamarillo Salsa

Recipe by Cassie Smith



Makes 6-8 jars

INGREDIENTS

- 3kg Tamarillos or tomatoes
- 1kg Onions
- ¼ cup salt
- 8 capsicum - diced
- 3 tsp chilli flakes (less for milder salsa)
- 1 cup Vinegar
- 2 Tb sp Oregano
- 2 Tb sp Ground Cummin
- 1 Tblsp ground Coriander
- Zest and Juice of 2 lemons
- 1 cup sugar
- 2 Tblsp crushed garlic
- Optional 2 Tblsp taco seasoning

DIRECTIONS

1. Remove skins from tamarillos.
 2. Dice tamarillo and onion.
 3. Mix with salt and soak overnight
 4. Drain off excess liquid
 5. Place in large heavy based saucepan
 6. Add all other ingredients
 7. Bring to the boil, stirring occasionally
 8. Reduce heat to simmer, cook for approximately 1hr.
 9. Stir occasionally
 10. Sterilise jars and lids (see Tip 2)
 11. Fill jars leaving 1cm head space
 12. Tightly cap
 13. Allow to cool
 14. Add to preserving unit
 15. Preserve in same way you would for bottled tomatoes. (Approx. 1 hour)
- *Halve recipe if makin in a thermomix



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TIPS

HOW TO SKIN TAMARILLOS/TOMATOES

1. Wash the tamarillos/tomatoes thoroughly to remove any dirt or debris.
2. Score the bottom of each fruit with a sharp knife to create an 'X' shape, which helps the skin to peel away easily.
3. Boil the tamarillos/tomatoes in a pot of water for 1 minute until the skin starts to loosen. (Tamarillos may take longer so check before bathing in ice water)
4. Transfer to ice water to stop the cooking process and make peeling easier.

Peel the skin off using your fingers or a knife

STERILISING JARS

1. Place jars in a baking tray
2. Place in a cold oven
3. Turn oven to 170 degrees C
4. When oven reaches temp they are ready (usually takes 10 to 15 minutes)
5. Soak the lids in boiling water for a few minutes then dry with clean towel
6. Always place hot jars on wooden board or tea towel as placing on cold surfaces may cause them to crack

PRESERVING INSTRUCTIONS

1. Fill Jars: Use the canning funnel to fill jars with prepared tamarillos/tomatoes, leaving a 1 cm headspace at the top.
2. Remove Air Bubbles: tap to release any trapped air bubbles in the jar.
3. Wipe Rims: Clean the rims of the jars with a clean, damp cloth to ensure a proper seal.
4. Apply Lids: Place the prepared lids on each jar, ensuring they sit flat.
5. Process in Water Bath: Place jars in the water bath (large saucepan with rack/grate in bottom), ensuring they are covered by at least 2cm of cold water.
6. Slowly bring the saucepan to boiling point.
7. Turn off immediately

POST-PRESERVING STEPS

- Remove Jars: Using jar lifters, carefully remove the hot jars from the water bath and place them on a clean towel or cooling rack.
- Cool Completely: Allow the jars to cool undisturbed for 12-24 hours. You should hear a popping sound as the lids seal.
- Check Seals: After cooling, ensure that the lids are properly sealed by pressing in the centre; it should not pop back.
- Label and Store: Label jars with the date and contents. Store them in a cool, dark place. Properly sealed jars can last up to a year.



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