



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

WEST INDIAN TOMATO SAUCE



This delicious spicy tomato sauce can be used with pasta, chicken, or as a dipping sauce.



00 HR 45 MINS



Serves 6 cups



Featuring

[Borba Family Farms](#)
[Fifth Crow Farm](#)
[Swank Farms Produce](#)

INGREDIENTS

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- 5 pounds of your favorite tomatoes
- 1 teaspoon cumin seeds
- 2 teaspoons mustard seeds
- 4 hot peppers (we used green Thai chiles)
- 2 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 2 teaspoons freshly grated ginger
- 1 tablespoon unrefined sugar like jaggery, piloncillo or sugar in the raw
- 2 tablespoons brewer's yeast, chickpea flour, or corn starch to thicken
- 5 tablespoons high-temperature oil like sunflower or coconut

METHOD

Prepare tomatoes for blanching by removing the stem with a paring knife and cutting

a small 'X' at the bottom. In a large pot, boil a gallon of water and blanch tomatoes.

Remove tomatoes after 15 seconds with a slotted spoon and peel the skins off. Dice into 3/4-inch chunks.

Heat oil in a heavy pot until it starts smoking. Put in the cumin and mustard seeds and heat until they begin to pop. Next, add whole hot peppers. When the peppers swell, put in the tomatoes and immediately cover the pot. Reduce the heat to medium and cook for ten minutes.

Add salt, pepper, ginger, and jaggery and cover the pot for another 10 minutes. Make a slurry with your thickener and 2 tablespoons of tomato juice from the pot. Stir into a smooth paste and add to the pot. Stir and simmer for one more minute. This sauce is also a great recipe to can in glass jars for the winter.