

7 WAYS TO MAKE KETCHUP

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< http://loudbus.com/article.php?article_id=128 >

It is tangy and smooth against your tongue when you lick it, sweet yet, aggressive. It is red and sometimes even green too. It is one of those things that are in every supermarket, and more likely than anything else to be in your refrigerator. It is so subliminally pervasive that it is automatically placed on the table of most restaurants, beside the salt and pepper shaker. It is cheap, and comes plain, or with all sorts of spices added in for gourmet aspirations. It is ketchup.

Prior to the commercialization of ketchup by corporate giants, Heinz, Hunt, and Del Monte, ketchups were produced on a household level by simmering tomatoes, onions, vinegar, and spices like mustard, cloves, and cinnamon. Once the convenience of factory produced ketchup made home production obsolete, the balanced, mild taste out of the bottle came to be synonymous with what we recognize as ketchup. Never has there been a condiment so widely celebrated that in 1980, the USDA tried to elevate its status to a vegetable for school lunch menus.

In addition to using it as a topping, there are many ways to use this ubiquitous, celebrity ingredient to make creative dishes: curry ketchup, ketchup fried rice, ketchup baked meatloaf, ketchup fish fillet, ketchup chicken, ketchup bread, and ketchup cake. These recipes are simple, and for the most part, involve less than four steps. As a disclaimer, ketchup is not a replacement for fruits and vegetables, but for some cooks, its sweet, familiar taste is just perfect for their purposes.

Curry Ketchup:

Curry by itself is comforting, spicy, and as simple as putting everything into a pot and simmering the life out of it. The ketchup brings out the umami in the curry, just like how that blue shirt brings out the colors in your beautiful eyes.

- 1 tsp curry powder
- 1/2 cup ketchup
- 1/2 cup mayonnaise
- 1 medium, finely chopped onion
- 1 bunch scallions, finely chopped
- 1 clove garlic, crushed
- 1 tablespoon grated fresh ginger
- 1 28-ounce can crushed tomatoes

- 1/4 tsp curry powder
- 1/2 tsp ground turmeric
- 1/3 cup raisins, plumped

Directions

1. Add the scallions, garlic and ginger to a small amount of water in a saucepan.
2. Cook and stir over medium heat for a few minutes.
3. Add remaining ingredients, and mix vigorously. Cook for another 6 minutes and serve hot over rice, meat, vegetables, or even tortilla chips.

Ketchup Fried Rice:

If there were a competition for dishes with the highest ratio of quantity to time spent cooking, fried rice would be victorious. The ketchup gives the normally monotone rice an orangey, festive color, while kicking it up a several notches on the flavor meter.

- 3 cups of cooked white rice, refrigerated for at least an hour—leftover rice ideal.
- 1/4 bell pepper, cut to small pieces
- 1 cup of protein, sliced, diced, in some sort of pieces
- 1 1/2 cup ketchup
- 1 tbsp sesame oil
- 1 tbsp chopped garlic
- 1 bunch green onions
- 1/2 tbsp chopped onion
- 3 eggs
- 2 tbsp soy sauce
- a small pinch of salt (to taste)
- 1 chili, cut to small pieces (optional)

Directions

1. Heat cooking oil in pan. Sauté garlic, onion, chili & green onion till fragrant.
2. Add bell peppers and stir fry for a minute.
3. Add protein, egg, salt and rice. Toss it around until mixed.
4. Add the ketchup, soy sauce and sesame oil. Stir fry until evenly mixed and dry.

Ketchup Baked Meatloaf:

Grandma's meatloaf just got a little trendier. As proven with the burger that beef and ketchup are an enviable marriage of ingredients, ketchup-marinated-ground beef achieve that same force of deliciousness.

- 1 1/2 lbs ground beef
- 1 cup tomato juice
- 3/4 cup oatmeal, uncooked
- 1 egg, lightly beaten
- 1/4 cup chopped onion
- 1 garlic clove, minced
- 1 tsp Worcestershire sauce
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 to 3/4 cup ketchup
- 4 to 8 slices bacon

Directions:

1. Preheat oven to 350 degrees.
2. Combine all ingredients, except ketchup and bacon.
3. Press meat mixture into an 8 x 4 inch loaf pan or 8 inch square pan. Poke holes in top with finger, spread ketchup on top, and cover with bacon. Bake one hour. Let cool for 5 to 10 minutes before slicing.

Ketchup Fish Fillet:

A healthier alternative to battered and fried fish and chips. This will make your doctor proud-- or at least slightly less alarmed.

- 1 slice fish fillet
- 1/4 cup frozen mixed vegetables
- 1 onion, sliced
- 2 tbsp ketchup
- 1 tsp corn flour
- 1/2 cup water
- 1 tsp light soy sauce
- Dash of pepper

Directions

1. Wash the fish fillet and dry it with a paper towel. Sprinkle some corn flour all over both surfaces to prevent fish from sticking
2. Heat up frying pan with some oil. Make sure the oil in the pan is hot before you lay the fish on the pan. Fry until both sides turned golden brown. Set aside.
3. Using the same pan, sauté the sliced onion and then the mixed vegetables until 80% cooked. Pour in the ketchup mixed together with corn flour, light soy sauce, water and a dash of pepper. Let mixture boil.

4. Put the fish fillet onto the sauce and let it boil for a while before serving.

Ketchup Chicken:

Instead of having chicken dipped into ketchup with a can of coke, you can cut out those extra steps and make it into one epic amalgamation of comfort food. Brave pioneers: let me know how this tastes, please and thank you.

Ingredients

- 2 lbs chicken, cut up into serving sized pieces
- 1/2 cup Coca-Cola
- 1/2 cup ketchup
- salt & pepper

Directions

1. Preheat oven to 350 degrees Fahrenheit. Mix together the Coca Cola & ketchup in a bowl.
2. Place the chicken pieces in a buttered baking dish.
3. Pour the sauce over the chicken, then sprinkle with salt & pepper.
4. Bake an hour uncovered, until the chicken is tender and has a nice glaze.

Ketchup Bread:

Grilled cheese and ketchup, almost a grilled cheese with tomatoes, but for those who did not have that extra moment to wash and slice. This is the lo-fi version, and perfect for those whirlwind days and exam week hell.

Ingredients

- 1 long narrow crusty loaf bread
- 1/4 cup softened butter
- 2/3 cup ketchup
- Crushed basil
- 1/3 cup snipped parsley
- 2 cup shredded sharp cheddar cheese (8 oz.)

Directions

1. Slice loaf of bread lengthwise into halves. Spread cut surfaces with butter. Toast under broiler until golden brown. Spread ketchup over toasted bread. Sprinkle with desired amount of basil, then the parsley and the cheese.

2. Place under broiler with top about 3 inches from source of heat until cheese is melted and lightly browned.

(<http://www.cooks.com/rec/doc/0,194,145160-233206,00.html>)

Ketchup Cake:

Heinz unveiled a commemorative cake made with ketchup that is said to taste like a carrot cake. With its bright red coloring, your tasting team may be tricked into thinking that this is a red velvet cake, but hopefully, it will leave no one feeling violated when they discover that it is a cake more unique. Oh, and Canadian. One more thing to add to the list of great Canadian products alongside: maple syrup, moose burgers, and hockey players.

Ingredients:

- 2 cups All-purpose flour
- 2 tsp Baking powder
- 1 1/2 tsp Ground cinnamon
- 1 tsp Baking soda
- 1/2 tsp ground nutmeg
- 1/2 tsp ginger
- 1/2 cup ketchup
- 1/2 cup Water
- 2 tbsp Red food coloring
- 3/4 cup Butter, softened
- 1 1/2 cups Dark brown sugar, packed
- 2 Eggs

FROSTING:

- 6 oz Brick-style cream cheese, softened
- 3/4 cup Butter, softened
- 1 tsp Vanilla extract
- 4 cups Icing sugar

Directions

1. Preheat oven to 350 F (180 C). Grease two, 9-inch (23-cm) round cake pans and line the bottoms with parchment paper.
2. Stir the flour with the baking powder, cinnamon, baking soda, nutmeg and ginger into a bowl. Stir the ketchup, water and coloring in a separate bowl. Set aside.

3. Beat the butter and blend in the sugar in a large bowl until smooth. Beat in the eggs. Add the flour mixture and ketchup mixture. Beat on low, scraping down the bowl as needed, until combined. Increase the speed to medium-high and beat for one minute.
4. Divide the batter evenly between the prepared pans.
5. Bake for 30 minutes, or until the centre springs back when touched lightly.
6. Cool the cakes for 15 minutes before turning onto a rack to cool completely.
7. Frosting: Beat the cream cheese, butter and vanilla on medium speed for 2 minutes or until smooth. Gradually beat in the sugar on low, scraping the bowl as needed. Beat on high until fluffy.
8. Frost between the cake layers and over the sides and top of the cake.

<http://www.vancouversun.com/life/food/Would+like+ketchup+with+your+cake/1545648/story.html>