

Recipes to Reduce the Plastic in Your Lives

Condiments

HOMEMADE CONDIMENTS

Mayonnaise

(from *How I Kicked the Plastic Habit and How You Can Too* by Beth Terry)

Ingredients

- 1 whole egg
- 2 tablespoons vinegar or lemon juice
- ½ teaspoon dry mustard
- ½ teaspoon salt
- 1 cup salad oil

Procedure:

1. Place egg, vinegar or lemon juice, seasonings, and ¼ cup of the oil in the blender in the order indicated. Put on cover. Run blender until contents are thoroughly blended, about 5 seconds.
2. Remove cover. Add remaining oil very gradually, running blender as you add oil. Do not add oil all at once! Run blender for a few seconds more after last oil is added.
3. Store in a glass jar in the refrigerator.



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Mark P's Homemade Ketchup

(from *How I Kicked the Plastic Habit and How You Can Too* by Beth Terry)

Ingredients:

- 4 pounds tomatoes
- 1 large onion, chopped
- 1 cup your choice of vinegar—Mark uses plain white
- 1 teaspoon salt
- 1 teaspoon ground cloves
- 1 teaspoon ground allspice

Procedure:

1. Drop tomatoes into a pot of boiling water for about a minute until their skins split. Once skins have split, the peel will basically fall off.
2. Peel and chop tomatoes.
3. Combine chopped tomatoes with chopped onions in a large saucepan and simmer for about 10 minutes.
4. Transfer tomato/onion mixture in small batches to a blender with a glass pitcher filling it only about half full each time. Puree each batch and pour into a bowl.



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- When finished pureeing, pour the entire batch back into the saucepan, making sure there are no more big chunks. Add vinegar, salt, cloves, and allspice, and stir.
- Let the ketchup simmer slowly, uncovered, for several hours, stirring occasionally, until it is reduced about 50 percent or to the desired thickness.
- This ketchup ends up a brownish red color, you can try adding a little lemon juice or sugar to preserve the color.
- Transfer ketchup to jars and let cool before refrigerating or freezing. It will keep for about four months in the refrigerator and indefinitely in the freezer.

Slow Cooker Homemade Ketchup

Equipment: Slow cooker, immersion blender, strainer, whisk

Ingredients

- 2 (28 oz) cans peeled, crushed tomatoes
- ½ cup water, divided
- ¾ cup distilled white vinegar
- ⅔ cup white sugar
- 1 tsp onion powder
- ½ tsp garlic powder
- 1-¾ salt (or to taste)
- ⅛ tsp mustard powder
- ¼ tsp finely ground pepper
- ⅛ tsp celery salt
- 1 whole clove

Procedure:

- Pour the crushed tomatoes into a slow cooker. Swirl ¼ cup water in each emptied can and pour into the slow cooker.
- Add sugar, vinegar, onion powder, garlic powder, salt, celery salt, mustard powder, black pepper and whole clove; whisk to combine.
- Cook on high, uncovered, until mixture is reduced by half and very thick, 10-12 hours. Stir every hour or so.
- Smooth the texture of the ketchup using an immersion blender, about 20 seconds.
- Ladle the ketchup into a fine strainer and press mixture with the back of a ladle to strain out any skins and seeds (if the ketchup is smooth enough, you can skip this step, it is a bit of a pain).
- Cool completely before tasting to adjust salt and pepper.

Homemade Spicy Brown Mustard

(from How I Kicked the Plastic Habit and How You Can Too by Beth Terry)

Ingredients

- ¼ cup yellow mustard seeds
- 2 tablespoons black or brown mustard seeds
- ¼ cup dry mustard powder
- ½ cup water
- 1½ cup cider vinegar
- 1 small onion, chopped
- 2 tablespoons firmly packed brown sugar
- 1 teaspoon salt
- 2 garlic cloves, minced or pressed
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ¼ teaspoon dried tarragon leaves
- ⅛ teaspoon turmeric

Procedure:

1. Combine the mustard seeds and powder in a small bowl.
2. Combine the remaining ingredients in a saucepan.
3. Simmer the mixture uncovered on medium heat until reduced by half.
4. Combine with mustard mixture in bowl.
5. Cover bowl and let stand at room temperature for 24 hours. (Add additional vinegar if necessary to keep the seeds covered.)
6. Process the mixture in a blender or food processor until pureed to the texture you like.
7. Scrape mustard into clean, dry jars. Cover tightly and age at least 3 days in the refrigerator before using.
8. The mixture will continue to thicken. If it gets too thick after a few days, stir in additional vinegar.

Note: Initially, the mustard will be hot enough to light your face on fire. The longer it ages in the refrigerator, the milder it will become.