

Onion-Tomato Masala

Swick

Makes 6 cups | Active Time: 40 minutes | Total Time: 1 hour

Step 1: Preparing Your Mise en Place & Starting the Sauce

- 6 cups chopped onion, approx. 6 onions/2 lbs
- 8 cups chopped tomatoes, approx. 2 lbs (or 2 - 14 oz cans of diced tomatoes)
- 4 tbsp chopped garlic, approx. 1 head garlic
- 3 tbsp chopped ginger, approx 2-inch piece
- 1/2 cup neutral oil, such as avocado oil
- sea salt, to taste

To prepare your mise en place, simply gather and chop the ingredients. Note that the ingredients do not need to be perfect as the sauce will be puréed later.

Step 2: Cooking the Sauce

- 1 tbsp ground coriander
- 2 tbsp paprika
- 1 tsp ground cumin
- 1/2 tsp turmeric
- 1/2 tsp Kashmiri powder
- 1/2 tsp garam masala

To start the sauce, it can either be done in a heavy-bottomed pot or it can be made in an instant pot.

To make this in an instant pot, press the sauté button and adjust the heat to about 300°F (150°). Once hot add the oil and proceed as follows for the stove-top method.

If making on the stove top, heat the pot and then add the oil and once hot, add the onions. Let cook for 20 to 30 minutes, or until the onions become really soft and translucent. As the onions cook and begin to brown, stir regularly to ensure the onions do not burn.

Once the onions are good and browned, add the garlic and ginger and let cook for about 30 seconds to a minute.

Next, add the tomatoes and cook for a few minutes — scraping the bottom of the pot as needed to ensure nothing is sticking.

Lastly, add the spices and then cover with a lid slightly ajar and let cook for 30 minutes or so, or until the tomatoes have cooked down and the flavors have come together nicely. If using an instant pot, secure the lid, close the pressure valve and cook on high for approx. 10 minutes — letting the pressure release naturally.

Step 3: Blending & Using the Sauce

To blend the sauce, simply use a high-speed blender and blend until smooth, or until you reach your desired consistency. Note that the sauce will continue to thicken as it cools.

To store the sauce, it can either be refrigerated for a few days or it can be portioned and frozen for later.