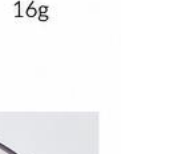


PERI PERI SAUCE

A TRADITIONAL SOUTH AFRICAN SAUCE MADE WITH FRESH CHILLIES, GARLIC, LEMON, VINEGAR AND PAPRIKA

INGREDIENTS (ALL IN GRAMS)

						
FRESH RED BIRD'S-EYE CHILLIES (STALKS REMOVED) 81g	RED BELL PEPPERS (DESEEDED) 505g	FRESH GARLIC (PEELED) 41g	SUNFLOWER OIL 111g	FRESH LEMON JUICE 91g	WHITE WINE VINEGAR 61g	TOMATO PASTE 40g
						
SMOKED PAPRIKA 16g	SWEET PAPRIKA 6g	DRIED OREGANO 4g	GROUND BLACK PEPPER 4g	SALT 10g	BROWN SUGAR 10g	BAY LEAVES 4g
						
						WATER 16g

METHOD



1 Prepare the vegetables.

Remove the stalks from the chillies, deseed the red peppers and slice lengthways in quarters. Peel the garlic.



2 Roast the peppers.

Roast at 220°C for 15–20 minutes until softened and lightly charred.



3 Blend the ingredients.

Combine the chillies, roasted peppers, garlic, lemon juice, vinegar, tomato paste, paprika, oregano, pepper, salt, sugar and water. Blend until smooth.



4 Cook the sauce.

Heat the sunflower oil in a heavy-bottomed saucepan over medium-low heat. Add the blended mixture and bay leaves. Simmer gently for 15–20 minutes, stirring regularly.



5 Finish the sauce.

Remove the bay leaves. Blend again until smooth and glossy, using an immersion blender suitable for hot liquids.



6 Cool and store.

Transfer to a clean, food-safe container, cool rapidly and refrigerate at 5°C or below.