

CULTURED KETCHUP WITH MAPLE SYRUP



Ingredients:

- 1/8 teaspoon Cutting Edge Cultures – or you can use 1/2 cup kefir whey
- 3 cups tomato paste – preferably organic
- 1 tablespoon Sea Salt
- 1/2 cup Maple Syrup
- 1/4 teaspoon cayenne pepper
- 3 cloves Fermented Garlic – peeled and mashed
- 1/2 cup fish sauce

Cultured ketchup preparation

Mix all ingredients until thoroughly combined and place in quart or pint size jars. Use Kefirko jar and fill it to almost to the top. The top should be 1 inch below the top of the jar. The use of glass weight is optional in this case. Cover with lid and pump out the excess air. Leave at room temperature for 2 days, then transfer to the fridge. You can leave it in the jar or use smaller jar. Make sure you cover them well.

Storage note: This ketchup can be kept in a covered airtight jar in the refrigerator for up to three months.

We added kefir whey in this recipe. This helps boost fermentation at the start and prevent any possible failures at the start of fermentation when the concentration of good bacteria is not as high.

You can leave it out of this recipe if you prefer wild fermentation. It make take a little longer for ketchup to ferment.

See more recipes like cultured ketchup [here](#).

Recipe by **Donna Schwenk**, culturedfoodlife.com.

Products used to prepare this recipe:



[Veggie Fermenter](#)

[Buy on Kefirko.com](http://Kefirko.com)



[Sea Salt](#)

[Buy on Kefirko.com](#)