

# Whitworths

## BBQ Sauce



 Serves 6-8  15 mins  50 mins

### INGREDIENTS

200g **Whitworths Chilean Orchard Prunes**

2 tbsp olive oil

1 chilli pepper, finely chopped

2 celery sticks, roughly chopped

2 large white onions, roughly chopped

2 garlic cloves, crushed

1 tbsp dark brown sugar

2 tbsp smoked paprika

1 tbsp cumin

1 tsp cayenne pepper

1½ tbsp tomato ketchup

1 tbsp soy sauce

1 tbsp Marmite / yeast extract

½ tbsp Worcester sauce

3½ tbsp apple cider or white wine vinegar

350ml vegetable or chicken stock (made up as per pack instructions)

### READY...STEADY...BAKE

- ♥ Heat the oil in a heavy bottomed saucepan and gently fry the chilli, celery, onions and garlic, until the onions soften and start to brown.
- ♥ Add the sugar, paprika, cumin and cayenne pepper then stir well.
- ♥ Add the ketchup, soy sauce, Marmite, worcester sauce and cider/vinegar then stir well.
- ♥ Boil on a high heat for 5 minutes, until the liquids reduce to a syrupy consistency.
- ♥ Stir in the prunes and stock, bring back to the boil then reduce the heat and simmer for 30-40 minutes or until the prunes are tender.
- ♥ Allow to cool slightly and blend until smooth either with a food processor or hand blender.
- ♥ Adjust the consistency with a little water if too thick then serve simply as a dip or smother over ribs or use as a glaze on chicken wings - why not try a dollop on a burger too!

for more recipes visit [www.whitworths.co.uk](http://www.whitworths.co.uk)

## Happy Baking!