

Piquant Tomato sauce:

Ingredients:

2 tsp olive oil

1 scallion (spring onion) roughly chopped

1-2 garlic clove finely chopped

1 tsp chopped thyme

100g/ 3½ oz chopped tomatoes

1tsp vinegar

1tsp brown sugar

½ scotch bonnet chopped or ½ tsp of hot pepper sauce

Salt n pepper to taste

Method.

In a saucepan add olive oil and allow to heat. Add all ingredients except for salt n pepper. Allow to come to boil then simmer till cooked. Blend for a fine sauce, taste and season with salt n pepper as required.