

MATBUCHA

INGREDIENTS

6 medium ripe tomatoes (cored and chopped into 1-inch pieces)
4 to 6 cloves garlic (peeled and finely chopped)
1 small green jalapeño pepper (seeded and diced OR 2 medium green bell peppers, chopped)
1/3 cup oil (canola or olive)
2 tablespoons paprika
1 1/2 teaspoons kosher or sea salt
1/2 to 1 teaspoon freshly ground black pepper

METHOD

Step 1

Place the tomatoes, garlic, and peppers in a heavy-bottomed 3-quart saucepan.

Step 2

Set over medium heat and cook, uncovered, for 20 minutes, stirring frequently with a spoon.

Step 3

When the vegetables are nice and soft, add the oil, paprika, salt, and pepper.

Step 4

Cook, stirring frequently, for another 10 minutes.

Step 5

When the mixture is well blended and most of the liquid has evaporated, the matbucha is ready.

Step 6

Cool and store in a covered container in the refrigerator.

THE
COOKERY

by The Secret Jozi Chef