

ELIM SAUCE

Gluten Free Dairy Free Low Chemical

Makes ~ 2 ½ cups

INGREDIENTS:

- 1 ½ cups water
- 1/3 cup red lentils
- 1 medium choko
- 2 sticks celery
- 2 shallots
- ¼ cup parsley
- 2 cloves garlic
- 1 tsp citric acid
- 1 Tbsp sugar
- 1 tsp iodised salt



METHOD:

- In a saucepan, soak the red lentils in the water for ½ hour
- Peel and chop the choko
- Chop the celery, shallots and parsley
- Add all the ingredients to the red lentils and place the saucepan on the stove, cover with the lid, and bring to the boil
- Reduce the heat and simmer for 30 minutes
- Remove from the heat and allow mixture to cool, before blending
- Pour mixture into a food processor and blend until its smooth
- Use as required
 - As a spaghetti bolognaise base
 - Pizza base spread
 - Add a little more liquid if you desire a thinner sauce to use with steak

STORAGE:

In an air-tight container, it will last in the fridge for approximately 2 weeks
The sauce is suitable to freeze