

Spiced Rhubarb Ketchup

Palm Beach Post

4 cups rhubarb stems, trimmed and chopped

1 cup red onion, chopped

1/4 cup golden raisins

3/4 cup sugar

1/2 cup white wine vinegar

1/2 cup orange juice

2 teaspoons orange zest, finely grated

1 tablespoon ginger, peeled and finely grated

1/2 teaspoon ground cinnamon

1/2 teaspoon whole yellow mustard seeds

1/2 teaspoon Kosher salt

1 teaspoon ground cloves

2 tablespoons ruby port wine

Stir all ingredients together in a large non-aluminum saucepan.

Heat to a boil over medium-high heat.

Remove pan from heat; cover and set aside for 30 minutes.

Return saucepan to burner. Cook over medium heat until rhubarb is very tender and liquid is thick enough to coat the back of a spoon, about 10 minutes.

Remove from the heat.

Stir in the ruby port; cool to room temperature.

Refrigerate until chilled. Will keep up to three weeks.

Yield: 3 cups

Per Serving (excluding unknown items): 871 Calories; 1g Fat (1.4% calories from fat); 5g Protein; 223g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 961mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Vegetable; 3 Fruit; 0 Fat; 10 1/2 Other Carbohydrates.