



## Monkey Gland Sauce 1

**Servings:** ±500ml

**Prep Time:** 10min

**Cook Time:** 30min

### Ingredients

- 2 Large onions, chopped
- 3 garlic cloves, finely chopped
- 30 ml (2 T) olive oil
- 125 ml Tomato Puree
- 50ml Tomato sauce (ketchup)
- 2 tsp soy sauce
- 25ml prepared mustard or 5ml mustard powder
- 125 ml fruit chutney
- 25 ml Worcester sauce
- salt and ground black pepper to taste
- 100ml stock or water
- 3 tblsp port wine
- 1 tbspn red wine
- 10ml grated ginger root

### Directions

1. Saute the onions and garlic in the olive oil
2. Add the rest of the ingredients
3. Simmer for 30min or more. Can be stored in the fridge for two weeks and in the freezer for four months
4. Enjoy over Swiss or Italian Meatballs, pasta and steak