



## Ultimate Easy Chili Sauce

I've been searching for the ultimate chili sauce recipe and I've found it! This is very simple, tasty and quick. Only four ingredients including olive oil which helps build muscle and apple cider vinegar, the acetic acid in its composition reduces muscle fatigue, improving your body's recovery process.

**Serves: 32, Prep time: 00:10, Cook time: 00:00**

## Instructions

### Prepare the Chili's

- First, wash the chili peppers, patting them dry with a little paper towel.
- Then, cut off the stem. *It's best to wear gloves and avoid touching your face while dealing with the chilies!*
- Next, roughly chop the peppers, keeping the seeds. You don't need to be too precise with your chopping as everything will be blended.

### Blend the red chilli sauce

- Add the peppers and the rest of the ingredients to a food processor or blender and blitz into a sauce. Taste the sauce and adjust seasonings as necessary.

## Ingredients

- 450 grams Red chilis (16 oz)
- 2 tablespoon Sea Salt
- 0.33 cups Olive oil
- 0.5 cups Apple cider vinegar
- 1 Pinch Brown Sugar or Honey, Optional

- Then, transfer the sauce to a sterilized jar and enjoy it immediately or store it in the fridge for longer-term storage.

#### **How To Store**

- Store the homemade chili sauce in a glass jar (plastic will stain), for up to 1 month in the fridge and for up to four months in the freezer. If it begins to taste sour or moldy in any way (or has physical signs of mold), then discard it.

#### **Choosing your Chili sauce heat:**

- Mild - Bell pepper (no heat), Friggitello, Anaheim
- Medium - Poblano, Guajillo
- Hot - Jalapeno, Chipotle, Serrano, Cayenne peppers
- Very Ho - Thai chili (also called Bird's eye), Scotch Bonnet, Habanero
- SUPER Hot - Ghost pepper, Scorpion pepper.

#### **Notes**

- Make sure to use gloves when dealing with chilies- especially if you decide to remove the seeds. The chili remnants can remain on your skin for days causing burning (and if you touch your mouth/eyes - ouch!).
- Feel free to sieve the sauce before bottling it, if preferred. This is especially more for people who don't have very powerful blenders/food processors and ended up with quite a chunky sauce (though even then you can leave it as-is if preferred).

- For an oil-free version, you could simply add a little water to help it blend. Though the resulting sauce won't be quite as silky.
- For a thicker sauce you can reduce it on a stovetop for some time at a gentle simmer (usually 20-30 minutes).

Use this hot chili sauce anywhere you would a store-bought version.

- Spread over wraps and Slather over pita sandwiches
- Add to burgers
- Mix with Mayo for the best dip!
- Drizzle over fries (sweet potato or white potato) and nachos
- Use as a dip for finger foods and appetizers
- Use as part of a marinade for proteins like tofu, chicken, beef, pork etc
- Add a little to tomato sauces for extra heat and flavor
- Use with a cheese board
- Add to chili stews, bolognaise or other tomato based meals

Idea from [Samira @ Alphafoodie](#)

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