



University of California
Cooperative Extension

**Master
Food
Preserver**

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Preserve Today, Relish Tomorrow

Two-In-One Barbeque Sauce

The bounty of this recipe allows you to create two different sauces from the same basic ingredients. The Stampede-style Sauce is robust, perfect for red meats, while the Sweet 'n' Sour Sauce is a seductively flavored coating that works well with chicken and fish. Use either on grilled vegetables. If you prefer, you can double the ingredients of one variety and make 6 jars of that.

Base:

- 16 cups seeded, peeled, pureed tomatoes
- 2 1/4 cups seeded, pureed green bell peppers
- 2 cups pureed onions
- 3 cloves garlic, finely chopped
- 2 tbsp mustard seeds, crushed
- 1 tbsp celery seeds
- 2 dried chili peppers, seeded and crushed

Stampede-Style ingredients:

- 3/4 cup mild flavored or fancy molasses
- 3/4 cup malt vinegar
- 1/3 cup Worcestershire sauce
- 2 tbsp chili powder
- 2 tsp freshly ground black pepper

Sweet and Sour Sauce:

- 1 tbsp finely chopped ginger root
- 3/4 cup honey
- 3/4 cup cider vinegar
- 1/2 cup soy sauce
- 2 cups canned crushed pineapple, with juice

To a large stainless-steel saucepan, add half of the tomato puree. Over high heat, stirring frequently, bring to a full rolling boiling. While maintaining the boil, gradually add remaining puree. Cook over high heat, stirring frequently, until reduced by half, about 1 hour. Add pureed green peppers and onions, garlic, mustard seeds, celery seeds, and chili peppers. Return to a boil over high heat, stirring frequently, until peppers and onions are tender, about 10 minutes.

Divide the base mixture equally between two stainless steel saucepans. Add ingredients for Stampede-Style Sauce to one pan; ingredients for Sweet 'n' Sour Sauce to the other saucepan. Bring both to a boil over high heat, stirring frequently. Reduce heat and boil gently, stirring frequently, until mixtures are thickened to a consistency of a then commercial barbeque sauce, about 45 minutes.



Ladle hot sauces into jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace by adding or removing sauce. Wipe rims clean, center lids on jars. Screw bands down until resistance is met, then tighter finger-tip tight.

Process both pint and half-pint jars in a boiling water bath or atmospheric steam canner for:
0-1000ft. = 20 minutes, 1001-3000 ft. = 25 minutes, 3001-6000 ft. = 30 minutes, above 6000 ft. = 30 minutes. Before removing canner lid, wait 5 minutes for boiling water or 2-3 minutes for steam canner, then remove jars, cool, and store.

Source: Ball Complete Book of Home Preserving, 2006/2012

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