



## Sunny's Currywurst with Quick-Pickled Peppers and Onions and Sunny's Curry Ketchup

 Dairy Free

READY IN



160 min.

SERVINGS



6

CALORIES



698 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup apple cider vinegar
- 2 tablespoons apple cider vinegar plus more if needed
- 4 cups beer such as corona your favorite
- 0.3 teaspoon peppercorns whole black
- 0.5 teaspoon peppercorns whole black
- 3 inch long cinnamon stick

- 0.3 cup plus light
- 0.3 cup mild curry powder yellow
- 2 cloves garlic smashed
- 4 cloves garlic smashed
- 1.3 inch thick disc ginger fresh
- 1 bell pepper green halved seeded sliced
- 0.5 teaspoon ground allspice
- 6 hot dog buns or any bratwurst-length crusty bread, sliced like hot dog buns
- 6 servings kosher salt
- 1 tablespoon liquid smoke
- 6 links pork bratwurst fresh
- 1 bell pepper red halved seeded sliced
- 1 medium onion red halved sliced
- 1 medium onion red quartered
- 2 teaspoons pepper flakes red
- 3 pounds roma tomatoes quartered (10 to 12 tomatoes)
- 1 star anise pod
- 0.8 cup sugar
- 1 cup sugar
- 6 servings vegetable oil for brushing
- 1 bell pepper yellow halved seeded sliced

## Equipment

- frying pan
- oven
- pot
- blender
- potato masher
- wooden spoon

- grill
- aluminum foil
- tongs
- immersion blender

## Directions

- In a large pan with straight sides, or in a pot, add the bratwurst links, beer, liquid smoke, red pepper flakes, whole black peppercorns, garlic, onion, all of the bell peppers and a nice pinch of salt. Bring to a boil, and then lower to a simmer for 15 minutes. Flip and nudge the bratwursts if they stick out above the liquid as they cook.
- Brush a grill with oil, then heat the grill to medium-high.
- Remove the bratwursts from the liquid and place on the grill. Cook 15 minutes, turning every 5 minutes to brown and blacken all sides (don't worry about the concave side).
- Remove from the grill and allow to rest under aluminum foil for 10 minutes.
- Preheat the oven to 150 degrees F.
- Meanwhile, add the sugar and vinegar to the pan with the cooked peppers and onions. Stir into the beer mixture until the sugar dissolves. Simmer for 15 minutes.
- Warm the buns or bread in the oven for 5 to 10 minutes, depending on the bread.
- Slice each bratwurst into 1/2-inch discs and place inside the warmed bread. Using tongs, grab and shake any excess liquid off the quick-pickled peppers and onions, then top each bratwurst with an equal amount. Top that with a nice and hefty dollop or two of Sunny's Curry Ketchup.
- Place the tomatoes, garlic, onion, cinnamon stick, ginger, star anise, sugar, curry powder, allspice, peppercorns, a pinch of salt, corn syrup and vinegar in a stock pot over medium heat. Bring to a boil, and then lower to a light simmer. Use a potato masher or wooden spoon to mash down and break up the tomatoes as it heats up.
- Cover and simmer on low for 45 minutes, stirring occasionally. Uncover and cook 45 minutes more to evaporate and thicken while stirring occasionally.
- Remove the cinnamon stick, anise pod and ginger. Using an immersion blender or a stand blender (slightly cool?), blend until smooth.
- Pour into an airtight container and refrigerate overnight or until cool. Taste and if needed, add vinegar 1/2 teaspoon at a time to balance the sweetness.

# Nutrition Facts

PROTEIN 5.67% FAT 24.05% CARBS 70.28%

## Properties

Glycemic Index:107.45, Glycemic Load:61.82, Inflammation Score:-10, Nutrition Score:28.921739080678%

## Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 9.53mg, Quercetin: 9.53mg, Quercetin: 9.53mg, Quercetin: 9.53mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

## Nutrients (% of daily need)

Calories: 697.87kcal (34.89%), Fat: 18.26g (28.09%), Saturated Fat: 2.94g (18.36%), Carbohydrates: 120.1g (40.03%), Net Carbohydrates: 111g (40.36%), Sugar: 81.58g (90.64%), Cholesterol: 0.72mg (0.24%), Sodium: 458.95mg (19.95%), Alcohol: 6.14g (100%), Alcohol %: 1.17% (100%), Protein: 9.68g (19.36%), Vitamin C: 114.33mg (138.58%), Manganese: 1.37mg (68.33%), Vitamin A: 2925.51IU (58.51%), Vitamin K: 59.94µg (57.09%), Fiber: 9.1g (36.42%), Vitamin E: 5.32mg (35.49%), Iron: 5.8mg (32.19%), Vitamin B6: 0.63mg (31.73%), Folate: 122.51µg (30.63%), Potassium: 1030.45mg (29.44%), Vitamin B1: 0.42mg (27.81%), Vitamin B3: 4.96mg (24.78%), Selenium: 15.81µg (22.59%), Magnesium: 85.81mg (21.45%), Phosphorus: 192.04mg (19.2%), Copper: 0.36mg (17.91%), Vitamin B2: 0.3mg (17.58%), Calcium: 173.9mg (17.39%), Zinc: 1.48mg (9.88%), Vitamin B5: 0.47mg (4.72%), Vitamin B12: 0.12µg (2.06%)