

Barbecue Sauce

2 large sweet onions, diced

2 tablespoons high temperature oil (sunflower / safflower)

scant 1/8 cup chili powder

1/8 cup minced garlic

1/4 teaspoon cayenne pepper (1/2 teaspoon for spicy sauce)

1/2 teaspoon coarsely ground black or white pepper

2 cups ketchup

1 cup molasses

1/4 cup unfiltered apple cider vinegar

1/4 cup balsamic vinegar

1/4 cup stone ground mustard (not powder)

1 1/2 cups red wine

Sauté the onions and garlic in the oil in a large skillet until they're tender and just starting to caramelize. Stir in the cayenne pepper and the coarsely ground pepper. Cook one minute more.

In a mixing bowl, stir together the ketchup, molasses, vinegars, mustard, chili powder, and red wine. Mix well. Add to the skillet with the onions and garlic. Bring to a boil, then turn down the heat to simmer and simmer for 60-75 minutes until the sauce reaches the desired consistency.

Strain the sauce through a fine mesh strainer over a large bowl or sauce pan, or put the sauce through a food mill or blender. Or use unstrained in a slow cooker. Keeps 4 weeks refrigerated.