

THE TRUE STORY ABOUT KETCHUP

From our food expert

When you ask 'Can I have a burger, please?' you often hear 'Would you like ketchup with that?'. I talked to Mr Green, owner of a diner in New York City. He told me the true story about ketchup because there are a lot of nonsense stories about it.

Chinese spicy sauce

We put ketchup on burgers, hot dogs, chips and eggs but what do we know about it? Ketchup is the most popular sauce in America and the rest of the world. It all started more than 300 years ago, in the 17th century. Chinese people made a spicy sauce of fish, walnuts, mushrooms and soya beans. Seamen from England took this sauce to England and also to America.

Changes

Many people started to copy the recipe. Around 1800 an American woman wanted to make ketchup sauce, but she used fresh tomatoes instead of fish. In the 19th century people changed the recipe again. They started to add sugar to make it sweeter. People thought fresh tomatoes were not safe to eat. So when they wanted to eat tomatoes, they had some ketchup.



Heinz ketchup

In 1876 Mr Heinz started to put ketchup into bottles and sold these in America. A few years later Heinz produced and sold the sauce in other countries. Today ketchup is popular all over the world.

How do you pour your ketchup?

Mr Green gets a lot of customers in his diner every day and he finds it interesting to see how these people put ketchup on their snacks. He says: 'If you want to learn more about a person, look at how they put ketchup on their food.' Those who put a lot of ketchup on their burger are trustworthy. Creative people pour their sauce in thin lines. Those who dot their ketchup are friendly. People who draw faces and words on their food are relaxed.

Adapted from: gizmodo.com

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trustworthy
dot

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betrouwbaar
stippen maken