

Tomato & Garlic Sauce

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: garlic, tomatoes

Once you understand the fundamental flavours you can adapt the recipe to your preference – adding onion, if you like, or chilli, as well as basil, oregano or marjoram. This sauce can be used on pasta, as a pizza topping, or as a base for casseroles and stews. Once you perfect your recipe you can make large quantities and preserve them for use over the cooler months.

Equipment:

metric measuring scales
and spoons
clean tea towel
chopping board
cook's knife
large frying pan
wooden spoon

Ingredients:

2 tbsp extra-virgin olive oil
3 or 4 garlic cloves, peeled and finely chopped
salt, to taste
1 kg tomatoes (or 3 tins of whole tomatoes),
roughly chopped
1/2 tsp sugar
freshly ground black pepper, to taste



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the oil in the frying pan and add garlic and a pinch of salt. Cook for 30 seconds.
3. Add tomatoes, sugar and pepper.
4. Cook for at least 10 minutes, and up to 30 minutes. The final cooking time depends on the time you have available and the type of flavour you want the sauce to have: less cooking results in a fresher flavour, while longer cooking results in a deeper, more intense flavour.

