



# Tomato Sauce

**Season:** All

**Serves:** Makes approx.  
1 large bottle

**Fresh from the garden:** bay leaf, tomato

## Equipment:

metric measuring spoons  
clean tea towel  
chopping board  
cook's knife  
large pot  
tongs  
large bowl with iced water  
wooden spoon  
funnel  
sterilised 750 ml bottles\*

## Ingredients:

8–10 fresh tomatoes  
(or 2 × 400 g tin tomatoes)  
2 tbsp olive oil  
2 garlic cloves, peeled and finely  
diced  
1 bay leaf  
salt, to taste  
pepper, to taste  
¼ tsp sugar

## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Bring the large pot of water to the boil.
3. Remove the core from the top of each tomato and cut a cross across the bottom.
4. Blanch the tomatoes for 1 minute (or until the skin starts to come away), then drop them in the bowl of iced water for another minute.
5. Remove them from the water and peel the skins off.
6. Heat the olive oil in the pot over medium heat.
7. Add the garlic and gently cook for 2 minutes.
8. Add the tomatoes and bay leaf to the pot.
9. Simmer for 25 minutes.
10. Stirring the mix, use the back of your wooden spoon to break up the tomatoes. (This sauce will be chunky.)
11. Season with salt, pepper and sugar.
12. Pour into sterilised bottles and store.

\* Adult supervision required. To sterilise bottles and lids, wash them in hot soapy water, then rinse them in hot water. Place in a stockpot of boiling water for at least 10 minutes. Drain bottles upside down on a clean tea towel and dry them thoroughly in a 150°C oven. Remove the bottles from the oven and fill while still hot.

