

# RICH TOMATO SAUCE 23

THE CROWNING GLORY ON MILLIONS OF PLATES EVERY DAY. THE NATURAL RICH FLAVOUR AND FANTASTIC NUTRITIONAL PAYLOAD OF A GREAT TOMATO SAUCE.

THIS IS NUMBER 23 FROM A LONG SERIES. ENJOY

## METHOD: SEE I-COOKTV EPISODE 1

- CUT THE ONION VERY FINELY AND GENTLY FRY IN OLIVE OIL IN A THICK BASED SKILLET ON MEDIUM HEAT FOR ABOUT 10 MINUTES.
- AFTER 5 MINUTES ADD THE GARLIC SALT AND PEPPER AND HERBS (IF USING DRY).
- TURN UP THE HEAT, ADD THE SUGAR AND WINE (OPTIONAL, BURN OFF OR BOIL OFF THE ALCOHOL)
- ADD THE CHOPPED TOMATOES AND COOK ON MEDIUM HEAT.
- AFTER 10 MINUTES, ADD THE TOMATO PASTE AND STIR IN. NOW LEAVE TO SIMMER ON LOW HEAT FOR ANOTHER 10 MINUTES THEN TURN OFF AND LEAVE THE SAUCE TO REST.
- IF USING FRESH HERBS - CHOP FINELY AND ADD A FEW MINUTES BEFORE SERVING THE SAUCE.

SERVE OVER RICE OR PASTA. YOU CAN MAKE MANY SAUCES FROM THIS ONE BASIC RECIPE.

SEE RECIPE 2 FOR VARIATIONS OF SAUCE 23.

## INGREDIENTS

### RICH TOMATO SAUCE 23

SERVES FOUR

- 1.5 KILOS OF RIPE PLUM TOMATOES - OR -
- 1 LARGE CAN OF PLUM TOMATOES, 800 GRAMMES
- 1 LARGE ONION
- 1 SMALL CAN OF TOMATO PASTE
- 1 EXPRESSO CUP OF EXTRA VIRGIN OLIVE OIL
- 1 GLASS OF RICH RED WINE (OPTIONAL)
- 4 CLOVES OF GARLIC
- 1 SOUP SPOON OF BROWN MUSCOVADO SUGAR
- HERBS, BASIL AND OREGANO, DRY OR FRESH
- 1 TEASPOON OF SALT
- 1 TEASPOON GROUND BLACK PEPPER

