

# Tomato & Garlic Sauce

Season: Summer/Autumn

Type: Salads

Difficulty: Easy

Serves: 30 tastes in the classroom  
or 6 serves at home

**Fresh from the garden:** basil, tomatoes

**Recipe source:** Stephanie Alexander Kitchen Garden Foundation

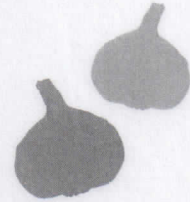
This simple sauce makes the most of the classic combination of tomato and basil. Once you understand the fundamental flavours you can adapt the recipe to your preference – adding onion, if you like, or chilli, as well as basil oregano or marjoram. This sauce can be used on pasta or as a pizza topping,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

## Equipment:

tea towel  
chopping board  
kitchen knife  
large saucepan  
mixing spoon

## Ingredients:

1 kg tomatoes  
3 or 4 garlic cloves  
1/2 cup extra virgin olive oil  
1/2 teaspoon sugar  
salt and freshly ground black pepper, to taste



## What to do:

- Chop the tomatoes roughly into chunks.
- Mince the garlic, adding a pinch of salt to help the knifework and to stop the garlic becoming bitter.
- Add the tomato to the large pot. Add the garlic, oil, sugar and salt and pepper to taste. Cook for at least 10 minutes, and up to 1/2 an hour, or even longer if you have time. 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.

