

Salsa di pomodoro (Simple tomato sauce)

Season: Any

Type: Sauce

Difficulty: Easy

Serves: enough for 24 tastes in the classroom, or 6 at home

Fresh from the garden: basil, parsley

Recipe Source: Rosa Mitchell

This traditional tomato sauce is easy to make, but needs an hour and a half on the stove – your patience will be rewarded with plenty of sweet tomato flavour. This is a great dish for months when tomatoes aren't in season but you're craving their summery flavour, as canned versions are fine for this recipe when fresh tomatoes aren't available.

Rosa says:

In the summer months when tomatoes are in season I use fresh tomatoes – simply blanch and peel the tomatoes, chop them and cook in place of the tinned ones. I think the longer you cook the sauce the sweeter it is. In this hectic lifestyle we all lead we tend to cook everything so quickly, which I think can take away from the flavours of the food.

Equipment:

chopping board
kitchen knife
clean tea towel
saucepan with lid
mixing spoon

Ingredients:

1 large red onion
1 tablespoon parsley
1 tablespoon basil
3 × 400 g tins Italian chopped tomatoes
6 tablespoons olive oil
Salt and pepper

What to do:

- Set out the chopping board and knife. Dampen the tea towel and place it under the chopping board to prevent it from slipping.
- Chop the onion, parsley and basil.
- In a saucepan fry the onion in the oil until cooked to quite soft and almost brown.
- Add the herbs and stir for 30 seconds, then add the tomatoes and seasoning.
- Cook on a low heat with the lid on for about 1½ hours, stirring occasionally.

