

Tomato & Garlic Sauce

Bialik College Kitchen Garden Program



Ingredients:

- 1kg tomatoes (or 3 x 400g cans of peeled tomatoes)
- 3 garlic cloves
- 2 tablespoons olive oil
- 1 tablespoon tomato paste
- 1 large handful fresh basil
- pinch of salt
- fresh ground pepper, to taste

Equipment:

- measuring scales
- chopping board
- cook's knife
- large pot
- measuring spoon
- wooden spoon

Method:

1. Chop the tomatoes roughly into chunks.
2. Heat the olive oil in a large pot.
3. Add the garlic and lightly brown.
4. Add tomato paste and stir into oil and garlic mix.
5. Add chopped tomatoes (or canned tomatoes), salt and pepper to taste.
6. Cook for at least 10 minutes.
7. Tear up the basil leaves and add to your sauce.
8. Cook for a further 20 minutes on low-medium heat, stirring occasionally.
9. Taste your sauce and add seasoning to taste.