

Tomato & Garlic Sauce

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

Season: Summer

Fresh from the garden: garlic, tomatoes

Equipment: metric measuring scales and spoons clean tea towel chopping board cook's knife large frying pan wooden spoon	Ingredients: 2 tbsp extra-virgin olive oil 4 garlic cloves peeled and finely chopped. Salt, to taste 1 kg tomatoes, blanched, peeled and roughly chopped. (Note 1) ½ tsp sugar freshly ground black pepper, to taste
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What to do:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Heat the oil in the frying pan and add garlic and a pinch of salt. Cook for 30 seconds.
3. Add tomatoes, sugar, and pepper.
4. Cook for at least 10 minutes, and up to 30 minutes.
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.

Note 1:

- Bring a pot of water to the boil.
- Cut eye out of tomato, slit the skin in the bottom of the tomato in a cross X.
- Place in boiling water. Count to 30.
- Scoop out with tongs or a slotted spoon and place tomato in cold water.
- Peel skin off tomato. Keep skin for vegetable stock.