

Tomato Sauce

Home made pasta sauce is quick and easy and very comforting. This Sauce recipe is so versatile that you can recreate it on a weekly basis without anyone feeling like they're stuck on the set of Groundhog Day. The recipe can be doubled or tripled and frozen for later.

INGREDIENTS

Serves 4

2 tablespoons Olive oil
1 large onion, red or brown, diced
2 cloves garlic, crushed
400g canned tomatoes & ½ cup water
(extra water, stock &/ or wine to thin, if desired)
½ cup herbs of choice
(I like basil &/ or oregano)
Pepper and salt to taste

Add a little wine after the onions are sautéed and cook it down before adding ½ diced carrot &/ or ½ red capsicum
Use 400ml passata or 500g fresh tomatoes instead of canned tomatoes
Use anchovy instead of salt
If using dried herbs, reduce to 1 teaspoon of each and add in with the tomatoes to cook for longer.
To serve
Pasta, Gnocchi or zoodles,
Shaved Parmesan & salad

Get creative

METHOD for basic Napoli - [read variation recipe before commencing steps 1 - 6.](#)

1. Dice onion and sauté in a medium saucepan over medium heat for 10 minutes or until soft. Do not brown.
2. Add garlic and sauté a further minute.
3. Add tomatoes and ½ cup water and bring to the boil. Reduce and simmer 20 minutes. Stir every few minutes to make sure the sauce does not stick to the bottom.
4. Remove from heat. Add basil, parsley and salt and pepper to taste.
5. For a smooth sauce, puree.
6. Add more liquid until desired consistency achieved.
7. Taste and season.

SAUCE variations

Arabiata - Sauté 200g diced free range bacon and 1 - 2 long red chillies with the onion, continue as above.

Eggplant - Sauté 500g cubed eggplant with onion in olive oil (you may need extra) for 10 minutes or until onion is soft. Follow recipe above adding an extra can of tomatoes, 2 teaspoons balsamic & ½ cup olives with the tomatoes. Add a couple of tablespoons of basil or oregano, serve with 200g cubed feta (serves 8.)

Puttanesca - Add ¼ cup Kalamata olives, 4 anchovies & 1 tablespoon capers to sauce & cook 5 minutes.

Meatballs - Combine 450g kangaroo mince, 2 tablespoons chopped fresh herbs, 1 tablespoon parmesan, salt & pepper, mix VERY well with hands. ½ Flax egg. Roll into teaspoon sized balls. If not sticking together, add a teaspoon of olive oil. Once sauce is cooked, puree with a stick blender (add more water or stock if needed) and gently add balls into the sauce in one layer, simmer 10 minutes, turning once. Do not stir.

Haloumi and basil - Cut 200g haloumi into ½cm slices and fry in pan with the tiniest drizzle of olive oil. Serve haloumi on top of sauce.

Prawn - Brown 200g peeled MSC green prawns and transfer to a dish whilst the sauce is cooking. Just before serving, return the prawns to the hot sauce and cook 2 minutes.

Peasant's stew - Add 500g any vegetables (potato, beans, celery, carrots, fennel, okra) and a can of legumes to the sauce with 250 - 500ml chicken stock and cook further 10 minutes. Serve with chunks of rye or sourdough bread.