

Olive's Kitchen

Italian Tomato Sauce - *Sugo di Pomodoro*

This recipe is for a simple 'Napoli' style tomato sauce that can be used as the basis for other dishes. We freeze it and then add other flavours later, as required. The better the quality of the tomatoes, the better the result but the recipe is still fine for tomatoes just past their best. We don't peel the tomatoes. Don't hesitate to add some sugar to bring out the flavours. Cook the sauce for an extended period of time using a stockpot with a large surface area in order to concentrate the flavours and give a thicker sauce. And of course you can make a small batch any time from just a handful of tomatoes using a small saucepan or frying pan.

Using one kilogram of tomatoes:

- 1 tbsp olive oil
- 1 kg ripe tomatoes, cored and diced
- 2 to 4 cloves garlic, finely chopped
- salt and pepper to taste
- about 1 tsp sugar
- (optional) basil

(For larger amounts, use a bigger, wider cooking utensil with a larger surface area to allow the liquid to evaporate.)



Method:

Add the oil to a large saucepan or stockpot.

Add the tomato, garlic and a dash of salt and pepper.

Bring to a gentle simmer and, stirring often, allow to simmer away for an hour (or two) so that the sauce reduces by about half and thickens noticeably.

Adjust the flavours for salt and pepper and sugar, stirring well. If desired, tear about ten basil leaves into pieces and stir through the sauce.

Store in sterilised jars or freeze in sterile plastic containers.

Serve:

Use over pasta or for pizzas, or as the basis for other sauces and dishes.

Equipment:

Stock pot or saucepan with a large surface area compared to the amount of tomatoes.

Difficulty and Time:

Not difficult (2/5). 10 to 15 minutes to prepare and about one hour to cook.

Notes and variations:

- Check recipe books for more complicated versions of Italian style tomato sauces.
- Strain or sieve the sauce if you wish to remove the skin and some of the seeds.