

Home-made tomato sauce



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Preparation 25 mins | Cooking 1 hour 10 mins | Makes about 6 cups

Amazingly, the anchovy gives this delicious tomato sauce a terrific flavour boost.

- ¼ cup extra virgin olive oil
- 4 anchovy fillets, finely chopped (optional)
- 2 medium onions, finely chopped
- 2 garlic cloves, crushed
- 2 tbs tomato paste
- 2.25 kg ripe tomatoes, diced
- 2 tsp caster sugar

STEP 1 Heat oil in a large saucepan over medium heat. Add anchovies if using and cook, stirring, with a wooden spoon, for 4-5 minutes until anchovies dissolve into the oil. Add onions and garlic and cook, stirring often, for 8-10 minutes until very tender.

STEP 2 Add tomato paste, increase heat to high and cook, stirring, for 1 minute. Stir in tomatoes and sugar. Bring to the boil then reduce heat to medium-low and simmer, stirring occasionally, for 50-55 minutes until sauce has thickened. Season to taste.

STEP 3 Spoon into 3 x 2 cup (500ml) sterilised jars, seal and store in the fridge. Use within 1 month.

Serving suggestions:

- Toss tomato sauce and baby rocket leaves through hot spaghetti.
- Spoon over pizzas, and barbecued vegetables.
- Use to make a quick Bolognese.

Good for you... TOMATOES

Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.

