

Tomato Sauce

Make a big batch of tomato sauce and store in jars, will last for weeks in the freezer. Perfect with pasta or pizza base.



Makes: 1500g

Prep Time: 10 minutes

Rest/Marinate Time: 0

Cooking Time: 1 hour

Ingredients

- 4 x 400g tins of plum tomatoes.
- 2 medium red onions, roughly diced.
- 3 garlic gloves, sliced.
- 1 tbsp of dark muscovado or brown sugar.
- 1 tbsp of oregano.
- Extra-virgin olive oil.
- Red wine vinegar.
- 1 chicken stockpot (optional).
- Chilli flakes (optional).



Find this recipe on page 146 of [my book](#).

Method

- In a saucepan add the onions, garlic a good drizzle of the olive oil and the chilli flakes if you are using them (add to taste). Slowly fry over a low heat for around 10-15 minutes.
- Once the onions and garlic have softened with little colour add the tin tomatoes. Fill half of one of the cans with water, swirl it around to get all the bits of tomato left, then pour into each tin then into the sauce. Season with salt and pepper and followed by the oregano, sugar and if you are using it the chicken stockpot. Bring to a boil then reduce to the lowest light and simmer for an hour, giving it to stir occasionally.
- Once the sauce is ready, use a hand blender and whizz to make a smooth sauce.
- To finish the sauce taste for seasoning and adjust accordingly and add a good glug of extra-virgin olive oil and a splash of red wine vinegar.