

Tomato Sauce

Ingredients:

- 400g tin of tomatoes
- 1 onion
- 1 or 2 garlic cloves
- 2 tbsp tomato puree (school)
- 1 tbsp of oil (school)
- 1 tsp mixed herbs (school)
- Salt and pepper (school)










Skills:

- Working safely and hygienically
- Measuring
- Slicing and dicing
- Gentle frying and simmering
- Mix, stir and combine
- Blending

Equipment Needed:

- Blue tray
- Can opener
- Measuring spoons (1 tbsp, 1 tsp)
- Safety mat
- Wooden spoon
- Timer
- Sharp knife
- Blender
- Brown chopping board
- Wooden triangle
- Small bowl (for peelings)
- Colander and plate
- Medium saucepan
- Your container (to take food home in)

Method and Time Plan:

0	Personal and kitchen hygiene. Collect (requisition of) equipment and ingredients.	 10
1	Wash and peel your onion and garlic. Rewash onion and garlic	 5
2	Dice the onion. Crush or finely chop the garlic. Open your tin of tomatoes ready for later	 10
3	Put oil and one piece of onion into medium sized saucepan. Heat oil on number 6. When onion bubbles turn hob down to number 3 immediately	 3
4	Add the rest of the onions and the garlic and gently fry. Stir until they are soft. Do not let onions go brown	 5
5	Add the tomatoes. Add the tomato puree. Add the mixed herbs and some salt and pepper to taste (optional). Stir the sauce until it boils	 5
6	Simmer for 15 – 20 minutes. Stir occasionally. Turn heat down if necessary	 15
7	Remove from the heat and place saucepan on a wooden triangle (trivet) Allow to cool slightly then blend	 5
8	Unplug electric blender and remove attachment. Safely store your finished practical. Wash and tidy up	 10