

Tomato Sauce

Method

1. Wash and **peel** your onion and garlic
Use a colander and a plate (to catch drips)
Put your scraps in the small bowl to throw away later
2. **Dice** the onion
3. **Crush** or **finely chop** the garlic
4. Open your tin of tomatoes (ready for later)
5. Add oil and 1 piece of onion to the saucepan
Your teacher will add the oil for you
6. Heat the oil to the correct frying temperature
! Heat on number 6 but immediately turn down to 3 when test piece of food sizzles – stay focussed
7. Add the rest of the onions and the garlic and **gently fry**
Stir until they are soft
! Do not let the onions go brown
8. Add the tomatoes
9. Add the tomato puree
10. Add the mixed herbs and some salt and pepper to taste (optional)
11. Bring to the **boil** then **simmer** for 15 to 20 minutes, **control heat** as necessary
12. **Stir** the sauce occasionally
13. Turn off the heat and place saucepan on a wooden triangle
14. Allow to cool slightly then **blend**
Your teacher will give further instructions on blending
15. Unplug the electric blender

Ingredients

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

Equipment

- Blue tray
- Can opener
- Measuring spoons
- Safety mat
- Wooden spoon
- Timer
- Vegetable knife
- (Blender)

- Brown chopping board
- Wooden triangle
- Small bowl
- Colander and plate
- Medium saucepan

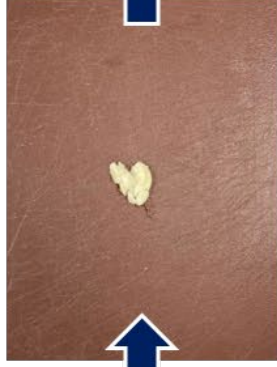
Tomato Sauce



Wash and **peel** your onion and garlic



Dice the onion



Crush or **finely chop** the garlic
Open your tin of tomatoes for later



Add oil and one piece of onion into the saucepan

Heat oil on number 6

When onion sizzles immediately turn hob down to number 3



Add the rest of the onions and the garlic and **gently fry**

Stir until they are soft

! Do not let onions go brown



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**



Simmer for 15 – 20 minutes

Stir occasionally

Control heat as necessary



Turn off the heat

Place on a wooden triangle to cool slightly

Blend (if instructed by teacher)

Unplug blender when finished