Rampaging Chefs

Tomato Sauce

When fresh tomatoes are in short supply, tinned is a great substitute.

**Season:** All year  
**Type:** Vegetable  
**Difficulty:** Easy  
**Serves:** 6 or 15 tastes  
**Recipe Source:** adapted from Australian Good Taste, February 2006

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Ingredients</th>
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<tbody>
<tr>
<td>Saucepan</td>
<td>1 kg tomatoes or 3 tins</td>
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<tr>
<td>Garlic crusher</td>
<td>2 garlic cloves, crushed</td>
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<tr>
<td>Tablespoon</td>
<td>2 tablespoons olive oil</td>
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<tr>
<td>Can opener</td>
<td>1 small tin tomato paste</td>
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<td>Wooden spoon</td>
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**What to do:**

- If using fresh tomatoes, cut a small cross in the base of each tomato.
- Place tomatoes in a heatproof bowl and cover with boiling water.
- Set aside for 5 minutes to lift the skin.
- Use a slotted spoon to remove tomatoes from the water.
- Use your fingers to carefully remove the skin.
- Coarsely chop tomato.
- Combine the tomato, garlic and oil in a saucepan and bring to the boil over high heat.
- Reduce heat to medium and simmer, stirring occasionally, until mixture thickens.
- Add the tomato paste and cook, stirring occasionally, for 15 minutes or until sauce thickens.