



Marinara sauce

Inundated with tomatoes? Make a large batch of this sauce to freeze and have all year round.

This simple neutral sauce is a perfect starting point for a ton of recipes. Add any fresh herb to dress it up. Add a little cream for a delicious rosé sauce. Add some diced peppers and chilli flakes and you've got an Arrabiatta sauce. Add in fresh seasonal veggies and call it Primavera... Use this sauce to garnish stuffed tomatoes, stuffed peppers, cabbage rolls or even over mashed potatoes.

Ingredients:

5 lbs of tomatoes, skin on, chopped coarsely

3 medium onions, chopped

9-11 cloves of garlic, chopped

¼ cup olive oil

48g can of anchovy filets (about 10 filets)

1-2 tablespoons of brown sugar (to taste)

2-3 teaspoons of sea salt (to taste)

Several grinds of fresh pepper

Juice of ½ a lemon

Directions:

In a large stock pot, gently sauté garlic and onions and anchovies in olive oil until the onions are soft and translucent.

Add tomatoes, salt, brown sugar and pepper. Stir to combine all ingredients and bring to a boil.

Allow to boil gently for 15-30 minutes.

Using an immersion blender, carefully blend the mixture until the sauce is uniform and no bits of tomato skin are visible.

Depending on the water content of your tomatoes, you may want to boil it down further for a more concentrated flavour. Add the lemon juice last. Taste the sauce and add more salt and/or brown sugar according to taste. Allow to fully cool before transferring to smaller containers for freezing.