

## Basic Tuscan Tomato Sauce

This recipe comes from Denise Fantinato, formerly of Deni's Delights and current co-business owner of See Spot Run Canine Services. You can freeze tomatoes now, make the sauce later and then freeze the cooked sauce for future use!

### Ingredients:

Olive Oil for sautéing  
3 – 4 large cloves of garlic  
1 – 2 dried cayenne chillies  
½ - ¾ large white or red onion  
Paprika to taste  
Salt and pepper to taste  
3 ½ lbs Black Krim and/or Brandy Wine tomatoes (frozen) or, 2 x 500 ml jars canned tomatoes.  
Dash of Red Wine  
1 - 2 Tbsp Tomato Paste  
Fresh Herbs of your choice such as Basil or Bay Leaf

### Process:

Tomatoes freeze really well. Just put whole tomatoes with their skins on in a bag or container. Put in freezer. They become like big marbles and the skin helps protect the flesh from freezer burn.

Sauté garlic and crush seeds from chillies into the garlic. Keep dried chilli husk intact so it is easy to remove after sauce is complete. Alternately, you can grind the husk finely, and sauté with the garlic and seeds. Add paprika, salt and pepper. Stir.

## Basic Tuscan Tomato Sauce - cont'd

If using canned tomatoes, drain thoroughly and add to garlic and onions.

If using frozen tomatoes, run frozen tomato under warm-hot water. Using your fingers, slip the tomatoes from their peels and cut into quarters. Add to garlic and onions.

Simmer sauce hard, uncovered, for ¾ hour to allow liquid to evaporate. Add Red Wine and tomato paste and the fresh herbs of your choice. Simmer another ¾ hour or longer, to suit purpose: cook longer for a thicker pizza sauce; less time for a pasta sauce.

If you are freezing the sauce for future use, cool then ladle into freezer Ziploc bags, squeeze air out, seal, label and freeze flat. Stack in freezer. It will keep up to one year.

This is now the base for absolutely anything. You can also eat this sauce just as is (makes the best pizza sauce). Or add zucchini, capers and black olives, cream for a rose' sauce, absolutely anything you would want on your pasta or lasagne!