

Terrific Tomato Sauce Recipes

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Simple Tomato Sauce

Tomato sauce is simple to make - chop or puree some tomatoes (perfect for those over-ripe tomatoes). Fry a little onion and garlic in a saucepan then add the tomatoes, salt and pepper to taste and simmer until thick enough. The secret to a great tomato sauce is to add some sugar and some vinegar (a small amount of each) - this gives the sauce a more balanced taste. Add any other herbs and flavourings to your sauce as you wish such as parsley, oregano, basil, mushrooms etc. -

Contributed by Karen, Wyoming

Garden Vegetable and Tomato Sauce

2 Tbsp olive oil, 1/2 medium onion, finely chopped, 1 small carrot or 1/2 large carrot, finely chopped, 1 small stalk of celery, including the green tops, finely chopped, 2 Tbsp chopped fresh parsley, 1 clove garlic, minced, 1/2 teaspoon dried basil or 2 Tbsp chopped fresh basil, 800g can whole tomatoes (crushed before adding), including the juice, OR 800g fresh tomatoes, peeled, seeded, and chopped, 1 teaspoon tomato paste, Salt and freshly ground black pepper to taste

Method

1. Heat olive oil in a large skillet pan on medium heat.
2. Add the chopped onion, carrot, celery and parsley. Stir to coat the added ingredients in the oil.
3. Reduce the heat to low, cover the skillet pan and cook for 15 to 20 minutes or until the vegetables are softened and cooked through, stirring occasionally.
4. Remove the lid and add the garlic.
5. Increase the heat to medium high and cook the garlic for 30 seconds.
6. Add the tomatoes (including the juice if using the canned variety) to the pan, along with the tomato paste and the basil.
7. Season with salt and pepper to taste.
8. Bring to a low simmer, then reduce the heat to low and cook, uncovered for approximately 15 minutes or until thickened. If a smooth consistency is preferred, push the sauce through a sieve. Makes 2 1/2 cups of sauce. - *Contributed by Debbie, Dubbo*

Best Ever Tomato Sauce

This is the best tomato sauce I have ever made and I have used the recipe for a few years now.

12.5kg ripe tomatoes roughly chopped, 60g whole cloves, 60g whole allspice, 30g cayenne pepper, 1 litre white vinegar, 1.5 kg sugar, 250g salt, 2kg onions roughly chopped. Put all ingredients in large pans and boil for 4 hours. If you like your sauce spicy, put 2 or 3 hot red chillies in pan also. Sieve the mixture, which is quite thick after 4 hours of boiling, and well reduced in volume. Put into sterilised jars and seal. - *Contributed by June, Kadina*

Tomato Ketchup/Sauce

My family absolutely loves this sauce, the kids are really disappointed at the end of every season if we run out - and refuse to have the bought varieties. Works well if you double the recipe also!

6lbs ripe tomatoes, 1 pint (625mls) vinegar, 1 tablespoon salt, 1 chopped onion, 250g white sugar, 1tsp mixed spice, 1 clove garlic, 1/2 tsp cayenne (or regular) pepper.

Method:

1. Wash the tomatoes, cut them in quarters and place them in a saucepan with the salt, onion and vinegar and simmer until soft.
2. Blend with a stab mixer/food processor until broken up.
3. Strain the mixture through a fine sieve (plastic preferably) rubbing the pulp through with a wooden spoon.
4. Return the puree to the pan, add the sugar and cook till mixture begins to thicken (stirring occasionally).
5. Add the spices, chopped garlic and pepper, a little at a time, stirring constantly until the flavour satisfies you. (It may be necessary to use all)
6. When the sauce is reasonably thick (test by putting some out onto a saucer and ensure there is not a lot of water seeping away from tomato mix), pour into clean HOT bottles, and seal immediately, or allow to cool slightly then fill the bottles and sterilize at a temperature of 170 degrees for 15 minutes. Allow to cool. Label and date carefully. ENJOY!!!! - *Contributed by Annie, Werribee Plaza*

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