

Tomato Sauce

25	Plum tomatoes, peeled, seeded and diced (concassee)
1Tbsp	Olive oil
1	garlic clove, crushed
2 Tbsp	carrots, finely chopped
2 Tbsp	celery, finely chopped
2 Tbsp	parsley, finely chopped
1 tsp	oregano
1 tsp	basil
1	bay leaf
TT	Freshly ground black pepper
¼ cup	lemon juice (if canning)

Method:

Heat oil in a large, heavy pan (not aluminum). Saute onions and garlic. Stir in the carrots and celery and tomatoes. Add the parsley, oregano, basil, bay leaf and black pepper. Simmer uncovered for 1-2 hours, until thickened, stirring occasionally. Remove the bay leaf.

To can: Add the lemon juice, and pour the sauce into hot, scalded half-pint jars, leaving ½ inch head space. Seal and process in a boiling water bath for 35 minutes

(by Chef Dan Brophy, Summer Food Preservation Series 2013, Portland Nursery / Stark)

