

Tomato Sauce

This is a nice little (**English**¹) recipe that can be scaled up to cook in bulk, and then frozen in portions for future use.

Add a little veg (see variations) and you have a Red Sauce as a condiment to (**Italian**²) Bollito Misto³.

See also the fiery **Mexican**⁴ salsa⁵.

Ingredients

- 30 ml sunflower oil
- 1 medium onion peeled and chopped
- 1 clove garlic, peeled and chopped
- 120 ml **FAIRTRADE** red wine
- 30 ml **FAIRTRADE** lemon juice
- 30 ml tomato pur
- 15 ml **FAIRTRADE** lime juice
- 400 g can of chopped tomatoes
- Salt and freshly ground **FAIRTRADE** black pepper to season
- 2.5 ml **FAIRTRADE** ground cumin
- 2.5 ml **FAIRTRADE** ground coriander
- 2.5 ml **FAIRTRADE** chilli powder
- 2 **FAIRTRADE** bay leaves

Method

In a saucepan fry the onions and garlic at medium heat until starting to turn translucent.

Add the cumin, coriander and chilli powder and bay leaves and fry for a minute or so. Don't worry

if the spices and oil form a layer on the bottom of the pan.

Add the lemon juice, the lime juice, the wine and the tomato pur.

Heat through.

Add the tomatoes and heat through.

Use a food blender pulverise the mixture until it is liquid.

Return to the heat and continue to simmer until it reaches the thickness that you need.

Use

To serve

Can be used with:

- Pasta⁶
- Real Beans on Toast.⁷
- Bollito Misto.⁸

Variation

1) For a real zing add either: 5ml **Fair Trade** piri piri or 10ml Tabasco sauce

2) Add a stick of celery (chopped) and two peeled and chopped carrots at the start. When blended they give extra flavour.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²<http://www.fairtradecookbook.org.uk/countries/italy.htm>

³http://www.fairtradecookbook.org.uk/recipes/bollito_misto.htm

⁴<http://www.fairtradecookbook.org.uk/countries/mexico.htm>

⁵http://www.fairtradecookbook.org.uk/recipes/mexican_tomato_sauce.htm

⁶http://www.fairtradecookbook.org.uk/recipes/pasta_basics.htm

⁷http://www.fairtradecookbook.org.uk/recipes/beans_on_toast_real.htm

⁸http://www.fairtradecookbook.org.uk/recipes/bollito_misto.htm