



# Community Kitchen

## Tomato Sauce



### BATCH TOMATO SAUCE

Batch cooking allows you to save time, money, effort and helps reduce food waste. By cooking in batches, portioning it up and freezing it down, you are only a matter of minutes away from a delicious, freshly cooked meal.

In this course we are going to show you how to prep and cook a simple, versatile tomato sauce that can be easily stored in the freezer in portions.

Cooking a batch of the same sauce doesn't mean that you will have to eat the same meal over and over. We will demonstrate how versatile this sauce is and will provide you with examples and recipes for how you can use this sauce to create a wide range of delicious meals from scratch in 20 minutes or less.

The potential uses for this sauce are endless, so you don't have to stick to the ideas in this pack. Please explore, experiment, be as inventive as you can and see what you can come up with!

This recipe will make 4 good portions - it scales up or down really well - so adjust the quantities to the batch size you would like to cook.



# BASE SAUCE - TOMATO SAUCE

SERVINGS: 4 PORTIONS

TIME: 20-30 MINUTES

## INGREDIENTS:

2 onions  
2 garlic cloves  
800g (2 tins) chopped tomatoes  
2 tbsp cooking oil  
salt & pepper to taste  
vinegar & sugar to taste

## EQUIPMENT LIST:

chopping board  
kitchen knife  
wooden spoon  
medium saucepan  
teaspoons  
freezable bags or containers

## APPLIANCE LIST:

1 ring hob

## METHOD:

- 1. Prepare ingredients:** Peel and slice onions; peel and chop garlic.
- 2. Cook onions:** Heat oil in a saucepan on a medium heat, add onions with a pinch of salt, cook until soft (5-6 minutes). Add water if they start to colour.
- 3. Add garlic:** Add garlic, cook for 3-4 minutes.
- 4. Add tomatoes:** Add chopped tomatoes, stir. Rinse tomato tins with a little water, add to pan.
- 5. Simmer sauce:** Bring to a simmer, then reduce heat and simmer for 10-15 minutes, stirring occasionally.
- 6. Season:** Turn off heat, season with salt, pepper, sugar, and vinegar (or lemon juice) to taste. Continue to taste and adjust the seasoning until you are happy with the flavour
- 7. Cool and store:** Cool the sauce, then pack into containers and freeze.



# PASTA POMODORO & ARRABBIATA

(Tomato Pasta Sauce & Spicy Tomato Pasta Sauce)

SERVINGS: 4 PORTIONS

TIME: 10-15 MINUTES

Pomodoro is the Italian term for a basic tomato pasta sauce, typically made with tomatoes and basil, served over pasta. Arrabbiata, which means 'angry' in Italian, is essentially a pomodoro sauce with added chili to give it a spicy kick. Once your sauce is defrosted, you don't need to cook it further; the heat from the freshly cooked pasta will warm it up. If you add a breaded chicken fillet on top, you have another classic Italian dish known as Chicken Milanese.

## INGREDIENTS:

tomato base sauce, 4 servings  
fresh or dried basil  
salt & pepper to taste

## For Arrabbiata

½ tsp chilli powder, flakes or hot sauce

## To serve:

cooked pasta  
grated cheese (optional)  
garlic bread  
breaded chicken breast (optional)

## EQUIPMENT LIST:

chopping board  
kitchen knife  
wooden spoon  
medium saucepan  
colander/sieve  
teaspoons  
serving bowls

## APPLIANCE LIST:

1 ring hob  
oven (optional)



## METHOD:

- Cook your pasta of choice as per the pack's instructions.
- Drain the pasta but keep 1-2 Tbsp of the cooking water in the pan.
- Add the drained pasta to the pan with the pasta cooking water and stir through the tomato sauce.
- Tear up some fresh basil leaves or add a pinch of dried basil, stir.
- Add the chilli powder, flakes or hot sauce to the saucepan and stir through.
- Serving suggestion - top with grated parmesan cheese.