

Kitchen Garden at Collingwood College 2022

Name of Recipe: Tomato Napoli & (Chard/Silver-beet) sauce

Volunteer Notes: This sauce is for the Capunti

What to collect	What to do
<p>Sauce</p> <p>1 large thick base Pot</p> <p>X.V olive oil- 100 mls+</p> <p>2 x 400 gm tin-peeled tomatoes</p> <p>200 ml water</p> <p>2 x tblsp tomato paste</p> <p>4 bay leaves</p> <p>1 x onion, peeled and cut finely</p> <p>4 x garlic clove, peeled &amp; chopped finely</p> <p>2 x young celery stalks + leaves, washed &amp; cut finely</p> <p>Leftover fennel tops</p> <p>2 x stalk-picked -Basil-if available from our garden</p> <p>10 x stalk x parsley-picked</p> <p>6-8 stalk thyme-picked</p> <p>salt/pepper</p>	<ul style="list-style-type: none"><li>● In a pot, add oil, chopped garlic, onion, celery, fennel tops and cook gently 6-7 minutes until soft and golden.</li><li>● Add the tomato, bay-leaves, herbs, water and bring to the boil.</li><li>● Turn to simmer and cook 20 minutes at least.</li><li>● Stir occasionally, taste and season.</li><li>● Add chopped greens (if using) and cook 2 minutes.</li><li>● Give to the Capunti section.</li></ul>