

Homemade Tomato Sauce

Season: Summer/Autumn

Makes: 2 cups

Fresh from the garden: apple, bay leaf, garlic, ginger onion, tomatoes

Get everyone involved squishing the fresh tomatoes to make tomato pulp for the base of the sauce. You can make the sauce as chunky or smooth as you like.

Note: In a clean, sterilised jar, the sauce can keep for up to two months in the fridge.

EQUIPMENT

metric measuring scales, cups and spoons
clean tea towel
chopping board
cook's knife
vegetable peeler
fine grater
large pot
wooden spoon
stick blender
sterilised glass bottle with lid*

INGREDIENTS

1 kg tomatoes, cut into quarters
1 apple, peeled and roughly chopped
½ cup malt vinegar
1 onion, peeled and finely chopped
2 garlic cloves, finely chopped
2 cm piece ginger, peeled and finely grated
1 clove
1 bay leaf
½ tsp ground allspice
¼ cup brown sugar, firmly packed
1 tsp salt

WHAT TO DO

- Prepare all the ingredients based on the instructions in the ingredients list.
- Squash the tomato quarters with your hands over a large pot to create crushed tomatoes. This will be messy but fun!
- Add the chopped apple, malt vinegar, onion, garlic, ginger, clove, bay leaf and ground allspice to the pot.
- Bring to the boil then simmer over a medium-low heat for 30 minutes, stirring occasionally.
- Remove from heat and allow to cool to room temperature for about 5 minutes.
- Discard the bay leaf. Use the stick blender to create a fine puree and return the pot to the stove on medium heat.
- Add the brown sugar and salt and simmer for 10 minutes, stirring occasionally.
- Transfer to the sterilised bottle and seal.

* See Shared Table resource *How to preserve safely* for information on how to sterilise jars and lids.

