

# Passata

## traditional Italian tomato sauce

yield ± 1,4 kg

### Ingredients

#### For the first step

200ml olive oil  
2,5kg tomatoes, roughly chopped  
200g carrots, diced  
200g celery, diced  
225g white onion, diced  
3 cloves garlic  
10g salt \*  
5g freshly ground black pepper

#### For the second step

3 tablespoons olive oil  
100g white onion, finely chopped  
1 fat garlic clove  
salt\*  
freshly ground black pepper  
3 sprigs of basil  
2 tablespoons sugar\*

### 1. Step 1

- Place all the ingredients into a stock pot.
- Cook over a medium heat, stirring and squashing the tomatoes to break them up.
- Bring to the boil and reduce heat and simmer for about 50 minutes.
- Puree the mixture or pass it through a sieve.

### 2. Step 2

- Heat the oil in another, large, clean pot and add the onion.
- Stir and season with salt and pepper. Cook until soft (7 – 10 minutes).
- Add the basil and garlic, followed the puréed mixture and cook until it reaches a sauce-like consistency. Depending on the water content of the tomatoes, this could happen relatively quickly or could take a while – anything from 10 minutes to an hour.
- Pour into sterilised jars and process in a water bath.

### Notes

- About additional the salt and sugar: I find that if I don't add salt, sugar is often not necessary; also if the tomatoes are sun-ripened, even off the vine, they are generally sweeter than those that ripen artificially.
- Tomatoes are best not kept in the fridge. Kept at room temperature their flavour improves and because they are full of vitamin C, last well.
- Based on Katie Caldesi's 2012 *Italian Cookery Course*, published by Kyle Books, Great Britain

