

BASIC MARINARA SAUCE

INGREDIENTS:

- ❖ Yellow onions 2
- ❖ Olive oil 2 TBSP
- ❖ Garlic, minced 2 TBSP
- ❖ Dried herbs (basil, oregano, rosemary, thyme, etc.)*
- ❖ Fresh ripe tomatoes** 12 cups
- ❖ Red wine*** 1/2 cup
- ❖ Salt and pepper to taste

METHOD:

1. In a large soup pot, heat up the olive oil.
2. Add the onions and cook slowly, on medium heat until they start to caramelize.
3. They should be evenly brown and soft. Cooking them this way brings out the natural sweetness in the onions.
4. Add the garlic and dried herbs and cook for 5 minutes.
5. Deglaze the pan with the 1/2 cup of red wine and cook for 2 minutes more.
6. Add the tomatoes and their juice and stir to combine.
7. Bring to a simmer and cook on low, stirring occasionally for at least 2 hours, or longer depending on the water content of the tomatoes.
8. The sauce should be thick with much of the water evaporated to concentrate the flavor (sometimes I let it cook 4-5 hours over a very low flame).
9. Add salt and pepper to taste.

Notes:

*Dried herbs hold their flavor much longer than fresh herbs so when slow cooking. If you want to use fresh herbs, add them at the end of the cooking process, just before serving. Use whichever of those herbs you prefer for a total of 2 Tablespoons.

**Start with 4-5 lbs. of fresh, ripe, tomatoes. If you don't have fresh tomatoes, you can use 2 (28 oz) cans of crushed tomatoes, 1 (28 oz) can of whole tomatoes and 1 (6 oz) can of tomato paste. When I use canned tomatoes, I always add a couple tablespoons of sugar to counteract the acidity of the canned tomatoes. I find I don't have to add any sugar with the ripe tomatoes

***"Do I have to use red wine?" The answer is no, but it does add to the flavor.

This is not my recipe I need to give credit to my friend "The Former Chef"

