

SPAGHETTI SAUCE

Equipment:

Measuring Spoons

Measuring Cup

2 Qt. Glass or Microwave safe plastic bowl with cover.

Wooden Spoon or High Temp Rubber Spatula

Ingredients

2 tbsp olive oil 25 ml

3/4 cup chopped onion 175 ml

2 cloves garlic, finely chopped

1 can of whole tomatoes, 1 (28 oz.) chopped (796 ml) OR

1 can of Crushed tomatoes, 1 (28 oz.)

1 can of tomato paste (2/3 cup) (168 ml)

1/2 cup water or stock 125 ml

1 bay leaf 1

1/2 tsp salt 2 ml

1/4 tsp basil 1ml

1/4 tsp oregano 1ml

Procedure:

1. In a 2-quart (2 L) dish, combine oil, onion and garlic.
2. Cover and cook at **P7** 1 1/2 - 2 minutes.
3. Add remaining ingredients.
4. Cook, covered, at **P7** 6 - 7 minutes and at **P2** 1 hour;
5. Stir occasionally.
6. Remove bay leaf before serving.
7. Makes: 6 cups (1.5 L)

Chefs Tip: To make a "Bolognese" Sauce, add 1 Lb of ground meat (an equal mix of beef, veal and pork is always flavorful)

Heat this on P10 for 5 minutes or until the meat begins to brown, then begin at step 1 above and omit the olive oil. If you'd prefer minimizing animal fat, pour off the excess animal fat and use the olive oil.