

SPICY BC TOMATO SAUCE



Yields:

1 cup (250 ml)

INGREDIENTS

1 lb	BC Tomatoes, Large	454 g
2 cups	Ice	480 ml
6 cups	Water	1.5 L
3 tbsp	Olive Oil	45 ml
½ cup	BC Onion, small dice	125 ml
2 cloves	BC Garlic, thinly sliced	2 cloves
½ tsp	Crushed Red Pepper	3 ml
To Taste	Salt & Pepper	To Taste
Pinch	Sugar, granulated	Pinch
1 tbsp	BC Basil (4 leaves), chiffonade	15 ml

DIRECTIONS

1. Remove the the skin from the BC Tomatoes by scoring the ends of the tomatoes and plunging in boiling water for 30–60 seconds. Add ice to water to create an ice bath. Place the tomatoes into ice water and peel skin off of tomatoes.
2. Cut tomatoes in half and squeeze out the seeds. Dice the tomatoes into small cubes.
3. In a cold sauce pot, add olive oil and BC Garlic. Turn on the heat to medium and sauté until some of the garlic starts to turn brown.
4. Immediately add the BC Onion and continue to sauté until onions turn slightly clear.
5. Add the crushed red pepper and a pinch of salt and pepper. Sauté 30 seconds.
6. Add tomatoes and sugar and simmer for 10–12 minutes or until desired thickness is reached.
7. Remove from heat and add the fresh BC Basil. Adjust seasoning and serve.