

salsa di pomodoro

simple tomato pasta sauce

I've said to cook this for about 1 hour, but I think the longer you simmer this sauce, the sweeter it becomes. With this hectic lifestyle we all lead, we tend to cook everything very quickly, which I think can take away from the flavours of the food. In the summer months, when tomatoes are in season, I use fresh tomatoes instead of tinned. Simply blanch and peel the tomatoes, chop them and add to the pan in place of the tinned ones.

125 ml (4 fl oz/½ cup) olive oil
1 large red onion, chopped / or brawn.
1 tablespoon chopped Italian (flat-leaf) parsley
1 tablespoon chopped basil
3 x 400 g (14 oz) tins Italian chopped tomatoes

Heat the oil in a pan and gently fry the onion until soft and almost golden. Add the herbs and stir for 30 seconds, then add the tomatoes and season with salt and pepper. Put a lid on the pan and cook over very low heat for about 1 hour, stirring occasionally. Serve with your favourite pasta.
(Serves 6)

1. Get the pumpkin & apple into the oven.
2. Do the silver beer & ricotta mix for the cannelloni wrap
3. Do the rest of the salad recipe

* if basil is not in season just double the amount of parsley.

* season with salt and pepper.

salad people to make this first, let it simmer away, then make salad.