

Cooking with the Club

by Chef Robert Larios

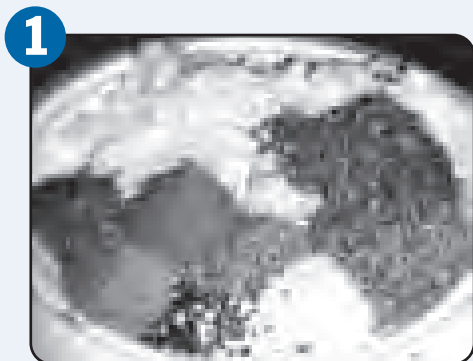


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Homemade Tomato Sauce

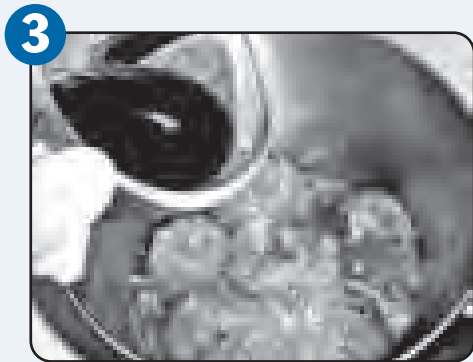
DIRECTIONS:



1 Wash the tomatoes. Dice the onion; mince the garlic and place in a plate with the other ingredients.



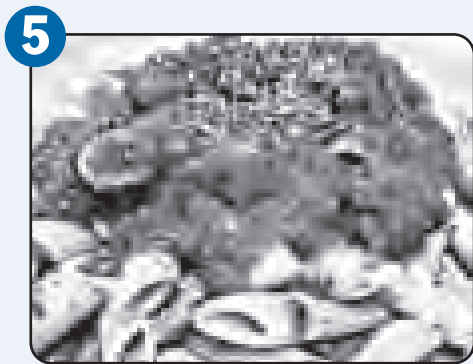
2 Place the tomatoes in a large pot of water on high heat until boiling. When the tomato skin begins to crack and separate, drain the water from the pot and let the tomatoes cool. Once cool, begin peeling the skin.



3 In another pot, add the olive oil, diced onions and minced garlic. Let cook for about five minutes over medium heat. Now add the peeled tomatoes to the pot with olive oil, onions and garlic. Add the rest of the spices with the red wine in medium heat. Once it reaches the point of boiling, reduce to a simmer. Let cook for about 3 to 6 hours.



4 At about the halfway point in cooking time, add the flour. It will thicken the sauce. Then use a handheld blender to puree the tomatoes.



5 The sauce is ready and can be added to any pasta you wish – spaghetti, lasagna, linguine, etc. Cook the pasta in boiling water until tender; plate and add the sauce.

I visited my mom and dad's farm last weekend. My dad is a real farmer and, given the opportunity, he would have excelled as a cowboy. But underneath the rough exterior is a tender man, especially when it comes to produce. There was such an abundance of corn, tomatoes and squash that he was giving it away to anyone he would see. Of course, he gave me a giant box filled with tomatoes. My first thought was, "What am I going to do with all these tomatoes? I certainly don't have enemies to throw them at!"



Then it came to me! Two words: tomato sauce! And so preparations began immediately once I arrived at the Club kitchen. Tomato sauce can be used for many dishes. My favorite is in spaghetti and meatballs and, of course, lasagna.

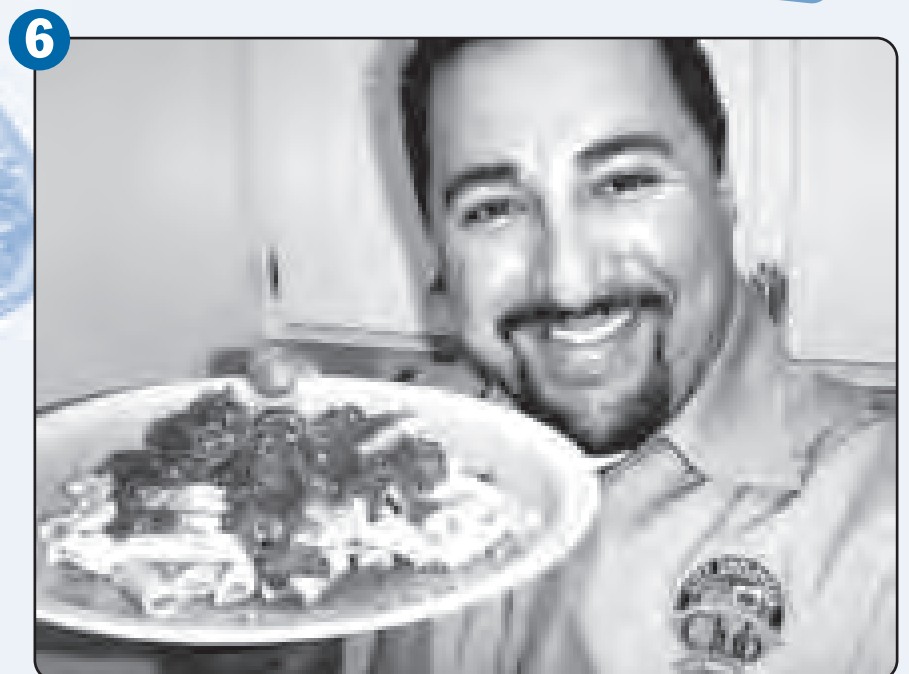
It is true that there are dozens of tomato sauces at markets everywhere, but none can copy the texture and deliciousness of fresh tomatoes. If you have more time, you can certainly replace all the dried ingredients I used for the recipe with fresh ingredients including fresh basil and parsley.

Homemade Tomato Sauce

INGREDIENTS:

- 4 pounds tomatoes (about 5 to 7 large beefsteak tomatoes)
- 1 medium white onion
- 3 cloves garlic
- 2 tablespoons dried basil
- 2 tablespoons dried tarragon
- 2 tablespoons garlic powder
- 1 tablespoon thyme
- 2 tablespoons coriander powder
- 1 tablespoon cumin
- 2 tablespoons dried parsley
- 1 tablespoon brown sugar
- 1 tablespoon paprika
- A pinch dried chili pepper flakes
- 1 tablespoon flour (thickening agent)
- Salt and pepper to taste
- 1/2 cup red wine
- 1/4 cup extra virgin olive oil

Makes Four Servings



6 Throw in a little dried parsley and enjoy!

[A Cook's Dictionary]

Tomato:

Like the potato and eggplant, the tomato is a member of the nightshade family. It's the fruit of a vine native to South America. Tomato sauce often comes with seasonings and other flavorings added so that it is ready to use in various dishes or a base for other sauces.

— From the *The New Food Lover's Companion*, Sharon Tyler Herbst, 1995, Barron's Educational Series.



Food Factoid:

"What keeps me motivated is not food itself, but all the bonds and memories the food represents."

— Julia Child