

By Chef Dewald Kotze from
Capsicum Culinary Studio

Tomato sauce

Though not technically a mother sauce, the tomato sauce forms the base for many dishes and is worth knowing how to do properly.

Every chef has their own method and ingredients for making this sauce, but we've borrowed from the Larousse Gastronomique (2009) for this recipe. Derivatives have been supplied by Chef Dewald Kotze from Capsicum Culinary Studio in Lonehill.

Ingredients

100g slab streaky bacon
45-60ml oil
100g onion, medium dice
100g carrot, medium dice
50g plain flour
3kg fresh tomatoes - peeled, seeded and pounded
2 garlic cloves, crushed
bouquet garni
1 litre white stock
7ml sugar
salt and pepper to taste

Method

- 1 Cut streaky bacon into small dice. Blanch, drain and lightly cook in oil.
- 2 Add the onion and carrots and sauté until lightly softened, but not brown.
- 3 Sprinkle in flour and lightly brown.
- 4 Add tomatoes, garlic, bouquet garni, bacon and stock.
- 5 Add sugar and season, bringing to the boil while stirring.
- 6 Cover and leave to cook gently for 2 hours then strain the sauce or pass it through a food mill.

Derivatives

Portugaise: Finely chop 125g onions and sauté in 15ml olive oil. Add 500g tomato concasse and 5ml crushed garlic. Simmer until reduced by about one third. Add 1 litre tomato sauce, adjust seasoning and add 50ml chopped parsley.

Spanish: Lightly sauté in oil without browning: 175g onion small dice, 125g green pepper, small dice and 1 small onion, small dice, 1 clove garlic, chopped finely. Add 1l tomato sauce and season to taste with salt, pepper and hot red pepper sauce.

Créole: Sauté 125g onion, small dice, 125g celery sliced, 60g green pepper, small dice and 5ml chopped garlic. Add 1l tomato sauce, 1 bay leaf, pinch of thyme and 2ml grated lemon zest. Simmer for 15 minutes. Remove bay leaf and season to taste with salt, pepper and cayenne pepper.

