



COGHLANS

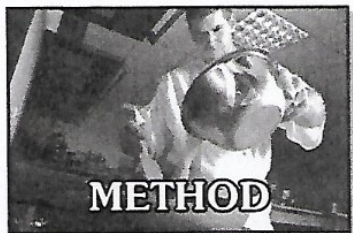
SCHOOL OF WINE, FOOD &amp; DINING

## Fresh Tomato Sauce



50ml Olive Oil  
125ml White Wine  
6 Plum Tomatoes or 1 x 400gm tin plum tomatoes  
125ml Tomato Juice  
1/2 Onion, Finely Chopped  
1 clove of garlic chopped

Saucepan  
Weighing scales  
Measuring jug  
Knives  
Vegetable chopping board



1. Criss cross the tomato bottom and remove the core top. Blanch the tomatoes in boiling water for 10 seconds then plunge into cold water to stop them cooking, skin, de seed and chop roughly.
2. Heat oil in a saucepan, add the onions and cook until transparent, then add garlic.
3. Add the white wine and bring to the boil. Add the tomatoes and the juice, reduce by half
- 4 Season with salt and pepper (if using tinned tomatoes remove seeds and chop flesh add with juice)