

GOURMET FISHING

Season I - Episode SSI



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Marinara Sauce



Host, Chef & Guide, David Murray



Marinara Sauce

Ingredients

1 - 28oz can Whole Peeled Tomatoes,
preferably San Marzano

1/4 Cup Olive Oil

4 Cloves Garlic, Microplaned

1/4 tsp Cayenne Pepper

1/2 Grated Sweet Onion

1 Large Basil Sprig

Salt to Taste

Sugar to Taste, Optional

In a large skillet, add 1/4 cup olive oil and heat to medium. Grate the onion and add to the oil. lightly sauté for about 2 minutes. While the onion is sautéing, grate the garlic with a microplane. Add to the onions and sauté them for about 30 seconds. Do not let the garlic brown.

Crush the tomatoes using your hands. Add the tomatoes to the onion mixture. Stir the tomatoes until all are combined. Bring back to a simmer and then add the basil sprig. Give it a quick squeeze to begin the flavor extraction. Let the basil simmer on top of the sauce for an additional 2 minutes. Stir the basil into the sauce and then let simmer/cook for about 15 minutes.

Transfer to a bowl and use a hand mixer, blender or food processor to completely combine and make smooth. If you prefer a chunkier or more hearty sauce, you may omit using the hand mixer, blender or food processor. Taste the sauce and adjust to taste. You may add a little sugar if required.

Let cool and place in a jar for storage.

