



CHICAGO BOTANIC GARDEN

Regenstein Fruit & Vegetable Garden
Garden Chef Series – August 10, 2013

A Fresh Summer Marinara Sauce

This is a refreshing summer sauce that is best when tomatoes are ripe, plentiful and inexpensive.

Recipe By: Larry Aronson, Chicago Botanic Garden Volunteer
Serving Size: 4 people as a main course; 8 people as an appetizer
Categories: Stocks and Sauces

Amount/Measure/Ingredient—Preparation Method

4 pounds ripe local tomatoes- preferable (any combination of red, yellow or orange)
1 15 oz can tomato purée (or 1 can 6 oz tomato paste plus 8 oz of water)
1 cup onions, peeled and cut into small dice
3-4 garlic cloves, finely chopped (about 1 tablespoon)
3 ounces Olive Oil, good quality (not extra virgin)
1/2 teaspoon crushed red pepper flakes or 1/4 teaspoon ground cayenne
4 tablespoons grated Parmesan or Asiago cheese
15-16 fresh basil leaves rolled tight and chiffonnaded
2 tablespoons sugar
2 teaspoons Kosher salt
1/2 teaspoon black pepper
3-4 sprigs parsley—chopped, stems removed

- Wash and criss-cross the bottom of tomatoes with knife.
- Drop tomatoes in boiling water for about 1 minute.
- Plunge tomatoes into ice water.
- Peel skin off tomatoes starting with the criss-crossed bottom. Take out stem part.
- Cut tomatoes into quarters and remove seeds with your thumb.
- Then chop tomatoes into small dice.
- In a heated 4-quart sauce pan add the oil then add onion then garlic; cook until soft but not brown.
- Add tomatoes and tomato purée (or tomato paste with water).
- Cook on medium heat for 10 minutes.
- Add crushed red peppers (or cayenne), basil, salt, pepper, sugar and parsley.
- Cook for 20 minutes on medium simmer until tomatoes are soft and tender.
- Add cheese and stir.
- Serve over pasta or refrigerate overnight.
- Recipes are guidelines—add or subtract seasonings to match your taste.

Don't miss Heirloom Tomato Weekend at the Regenstein Fruit & Vegetable Garden – Saturday and Sunday, August 24 and 25 from 11 a.m. to 4 p.m.