

Ken's Marinara Sauce®



The first Italian cookbook to include tomato sauce, *Lo Scalco alla Moderna*

("The Modern Steward") was written by Italian chef Antonio Latini and was published in two volumes in 1692. That is not the origin of my Marinara Sauce, I am sure my Italian friends influenced it. It could have come from the



Casalual or one of several Lima, Ohio Italian restaurants.

INGREDIENTS:

- 1 tbsp. - Mazola Oil [**] 1 medium - Onion, chopped
- 1 large - Clove Garlic, minced
- 1 can (28 oz) - Crushed Tomatoes
- 1/2 cup - Red Wine or Water
- 1 tsp. Sugar [**] 1/2 tsp. - Salt [**] 1/2 tsp. - Dried Basil
- 1/2 tsp. - fresh Parsley leaves chopped
- 1/2 tsp. - dried Oregano {**} 1 pinch - Pepper

DIRECTIONS:

- 1.) In a 3-quart saucepan heat oil over medium heat. Add Onion and Garlic stirring frequently, cook 2 to 3 minutes.
- 2.) Add remaining ingredients and bring to a boil. Reduce heat, cover, and simmer, stirring occasionally, 15 to 20 minutes.
- 3.) Serve over pasta, can used in many dishes. Great served over meatballs as a side dish. Makes 3 cups sauce or 4 servings

Recipe# sauce 05

Page 5

SUGO Sugo, meaning 'sauce' in Italian, is a traditional tomato

sauce. Contrary to popular belief it is not tomato passata, which is a concentrated, sieved tomato puree. Instead, sugo is made from ripe tomatoes cooked with extra virgin olive oil, onions, and garlic, and seasoned. It features heavily as the base of many classic Italian dishes. Tomato Day is an Italian tradition where families bottle end-of-season tomatoes as sugo and passata and store them for the summer months. Store sugo in sterilized jars in a cool, dark place for up to six months.

INGREDIENTS:

- 1 28 oz - canned peeled whole tomatoes or fresh Roma tomatoes
- 1 tbsp. - Extra Virgin Olive Oil
- 2 large - Garlic Cloves
- 1/2 - handful fresh Basil Leaves (approximately 8 big leaves)
- Salt to taste



DIRECTIONS:

- 1.) In a large saucepan or pot, add the olive oil, peeled garlic cloves and sauté for a few minutes over medium heat until fragrant and golden
- 2.) Add the canned tomatoes and slightly break them up with a wooden spoon Add 1/2 cup of water to the can to capture any leftover sauce then season with a good pinch of salt. Simmer with the lid on for 15 minutes over a low-medium heat
- NOTE: If using fresh Roma Tomatoes, the first thing you need to do is peel the tomatoes. The easiest way to do this is to score an X into the bottoms of the tomatoes with a paring knife. Then put them into boiling water for a minute or so. You will see the skin start to peel on its own. Use a slotted spoon to transfer the tomatoes to a large bowl of ice water. Then peel off the skin from the tomatoes and cut them in half to remove the seeds. After that, chop them. Then they are ready to be cooked in the sauce.
- 3.) Tear up the basil leaves and stir through. Simmer with the lid on for an additional 5 minutes
- 4.) The sauce is ready as is, as a chunky sauce, or you can allow the tomato sauce to cool down slightly, then blend until smooth using a blender or an immersion blender. You then have the perfect sugo recipe!

Recipe# sauce 07

Page 7

Ken's Alfredo Sauce



Alfredo Sauce is a rich, smooth, and creamy white sauce perfect for serving

with pasta.. Authentic Italian Alfredo sauce is typically made Parmesan Cheese, butter, some warm pasta cooking water, and salt. My version substituted Light Cream or Half and Half for the pasta water. My love for Italian food prompted this recipe, the origin of the original remains a mystery.

INGREDIENTS:

- 1/4** cup (½ stick) - Butter or Margarine
- 1 1/4** cups - Light Cream or Half and Half, divided
- 3/4** cup - Parmesan Cheese, grated
- 1/4** tsp. - Pepper
- 1/8** tsp - Ground Nutmeg (optional)

DIRECTIONS:

- 1.)** In large skillet, melt Margarine over medium heat,
stir in $\frac{3}{4}$ cup Cream. Continue to cook over medium heat for 2 to 3 minutes, stirring constantly.
- 2.)** Stir in remaining $\frac{1}{2}$ cup Cream, Grated Cheese, Pepper, and Nutmeg if desired; continue to cook 1 minute.

TOTAL PREP TIME: 20 MINUTES * MAKES 4 SERVINGS