



**FARMYARD TO SCHOOLYARD**  
presented by Victoria Cosford

**RECIPES**

**BASIC TOMATO SAUCE**

1 medium onion  
2 – 3 cloves garlic  
800 gr. tomatoes, peeled and seeded (or 2 tins)  
Olive oil  
Salt/Pepper

Heat olive oil in saucepan and add finely chopped onion and garlic. Cook on moderate temperature, stirring frequently, until translucent and soft – about 8 – 10 mins. Tip in tomatoes and about a cup of water. Season with salt and pepper, bring to the boil then simmer for 35 – 40 mins, stirring every now and again. Taste for seasoning and add fresh herbs – basil or parsley – if desired.

**VARIATIONS**

**A. PASTA SAUCES**

**1. Tomato-Eggplant Sauce**

Cut one eggplant into small cubes and fry until golden in olive oil. Drain on paper towels then add to Basic Tomato Sauce and simmer for about 10 mins. Strew with fresh basil.

**2. Rosé Sauce**

Just before adding cooked pasta to Basic Tomato Sauce, slosh in some pouring cream, stir to blend well and simmer until thickened a little. Add finely shredded fresh basil then fold through pasta.

**3. Tomato and Gorgonzola Sauce**

Crumble gorgonzola into the Basic Tomato Sauce, simmer for five mins then add cooked pasta.

**4. Tomato and Prawns**

While the Basic Tomato Sauce is simmering, quickly pan-fry a handful of green

(uncooked) shelled and deveined prawns in a separate frypan. Season with salt and pepper and a little crumbled dried chilli if desired, then topple into the tomato sauce. Simmer for another few minutes before folding through pasta. Garnish with chopped parsley.

## **B. PIZZAS**

Top pizza bases with Basic Tomato Sauce then add any of the following before placing in a very hot oven:

- \* Thinly sliced bocconcini cheese and fresh basil
- \* Chopped bacon and finely sliced button mushrooms
- \* Thinly sliced red and yellow capsicum and red onion
- \* Anchovies, capers and black olives
- \* Crumbled fetta cheese, cherry tomatoes and basil

## **C. SCALOPPINE**

### **1. Scaloppine alla Pizzaiolo**

Lightly coat 4 veal scaloppine with seasoned flour. Heat olive oil in frypan and quickly brown veal both sides. Drain oil and ladle in about a cup of Basic Tomato Sauce. Scatter in about 1 heaped teaspoon of dried oregano and simmer veal in sauce for several minutes. Remove to plates and pour sauce over the top.

### **2. Scaloppine alla Mozzarella**

Proceed as above but instead of adding the oregano, place thin slices of bocconcini or mozzarella on top of each scaloppine, then a fresh basil leaf. Lower heat, cover pan with lid and simmer for several mins or until cheese has melted. Remove scaloppine to plates and pour sauce over each.

## **D. FOR VEGETARIANS**

### **Baked Eggplant**

Preheat oven to 200 C. Thinly slice 1 eggplant and arrange slices on baking tray. Dollop about a teaspoon of Basic Tomato Sauce on top of each slice, scatter over dried breadcrumbs then drizzle olive oil over the lot. Bake until golden and crunchy. Serve hot or at room temperature as part of an antipasto platter or a side-dish.

## **PREPARING FRESH TOMATOES FOR SAUCES**

Place tomatoes in large heat-proof bowl and pour over boiling water to cover. After several minutes you will see the skins begin to come away. Drain and with a small sharp knife peel off skins. Cut in half and scoop out seeds with a teaspoon, then coarsely chop tomato flesh.