

Legal Marinara

Marinara sauce recipe

Ingredients:

2 28 oz cans San Marzano whole peeled tomatoes*
1/3rd cup extra virgin olive oil
10 fully peeled garlic cloves crushed
2 tsp kosher salt
2 large basil sprigs
1/2 tsp black pepper**
Pinch of hot pepper flakes**
1 tsp italian parsley

Preparation:

1. In a large skillet, over medium high heat, put oil in pan and when hot, add crushed garlic. Allow to cook until fragrant, but do not let it burn...
2. As it begins to change from white to tan, add the two cans of tomatoes, salt, black pepper, hot pepper and parsley, stir well.
3. Once hot, remove basil leaves from sprig, and add to top of pan. As they wilt, stir thoroughly throughout mixture.
4. Once it begins to bubble, reduce heat and allow to simmer slowly, approximately 20-30 minutes until sauce is thickened and oil on top begins to turn orange.
5. Using a knife or potato masher, break up the whole tomatoes as much as desired.*
6. Add pepper, salt to taste and liberally drown your favorite pasta!

* if you prefer a sauce without chunks of whole tomato, you may use a blender and on the slowest setting, very briefly chop the tomatoes until mixture is smooth...do not over chop or the tomatoes will become orange and foamy...yuck!

If you can't find San Marzano Tomatoes, you may use any canned whole peeled tomatoes...I try to use the San Marzanos as I find they have a distinctive taste that comes from the unique soils in that region of Italy (due to volcanic ash)...they are more expensive, but fully worth it.

** while i use both, if you are sensitive to spicy foods, you may reduce or eliminate pepper.

Enjoy,

Dali and Steven Vegliante