

San Marzano tomatoes are 'jewels'

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What's Cookin'

Why a San Marzano tomato?

San Marzano tomatoes are the jewel of the tomato industry if you are looking for a tomato to make a sauce with. They have thinner skin, thicker flesh and less seeds than other varieties, thus making the end result sweeter, less acidic and with a stronger tomato flavour. You'll find them canned in almost any grocery store.

Parmesan scraps: You know when you grate up a piece of fresh parmesan and you get to the very end, where it is quite difficult to grate, hard and generally you call it quits?

Well, DON'T THROW OUT THAT LITTLE PIECE!

Save them up in the freezer in a baggie until you are making a sauce or risotto or some other wonderful Italian dish like minestrone soup. Throw that little parme-

san scrap right into the soup or sauce and let it cook up in there. As the sauce cooks, the parmesan goodness will be released into your dish, adding all kinds of extra flavour. When it comes time to serve, remove the parmesan scrap (which will still be in one piece) and then you can decide to discard or eat. Yes, you can eat it and if we are talking real parmesan, you certainly paid for it, so why not?!

Today's recipe is delicious served over the mammoth marinara meatball recipe from last week, or serve over a grilled chicken breast, a simple pasta, some seared scallops and shrimp. And don't forget a nice chunk of fresh bread to dip with!

Have fun and keep cooking!

Email questions and comments to whatscooking@theifp.ca

Marinara Sauce

INGREDIENTS

- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 - 28oz can San Marsano whole tomatoes
- 1/4 cup chopped basil (about 12 leaves)
- Freshly ground salt and pepper to taste

METHOD

1. Heat oil in a frying pan. Add garlic and cook for 1 minute, do not brown.
2. Crush tomatoes, then add to pan.
3. Simmer half an hour.
4. Add basil, salt and pepper to taste. Serve.



Optional: You can add a little diced onion (about one half cup) at the start of the recipe if you like. You can also add about one quarter cup grated parmesan cheese at the end of the recipe if you like.

ITEMS NEEDED MOST THIS MONTH

- Canned Pasta • Canned Fruit
- Juice • Canned Vegetables
- Canned Meat • Cookies • Cereal
- Diapers - All Sizes Except 3

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