

Passata

INGREDIENTS

- Tomatoes, diced
- Onions, sliced
- Lots of minced or cloves of garlic
- Grated Zucchini
- Grated Carrots
- Salt
- Dried Basil Leaves



DIRECTIONS

1. Place the tomatoes, onions and garlic in a large saucepan and bring to the boil stirring regularly to prevent any sticking to the bottom of the pan.
2. Reduce to a simmer and cook until everything is cooked down and soft.
3. Transfer to a moulie with a medium to large processing disc and process to remove some of the skins. (Note 1)
4. Return the processed tomato mixture to the pan, add salt and stir to dissolve.
5. Add grated zucchini and carrots and cook at a fast simmer till passata has reduced and enriched.
6. Add dried Basil leaves and stir through.
7. Pour into sterilised preserving jars and process. (Note 2)

NOTES:

1. Retain these in the freezer for future dehydrating and processing into Tomato Powder.
2. I have the old fashioned stove top preserver. I place my jars in the preserver and fill with hot water (Water temperature must match the jars to prevent breaking). Bring water to the boil and hold for 20 minutes, turn the heat off, remove the preserver lid and let them cool for 30 minutes. Carefully remove the jars and place on a towel for 24 hours before removing the clips.