



Food For Thought Recipe and Allergen Card

Tomato Sauce

100 Portions

Ingredient	Hannah Product Code	Quantity
Chopped Tomatoes	D002052	2 x 2kg
Tomato Puree	D001630	1x 800g
Onions- Diced		2k
Garlic – Chopped		5 cloves
Celery – Chopped		1k
Carrot – Diced		1k
Dried basil	D001091	1 tbsp
Dried oregano	D001171	1 tbsp
Olive oil	D001010	For frying
Sugar		2 tbsp
Salt		1 tbsp
Pepper		1 tsp

RECIPE METHOD – **ALLERGENS**

1. In a heavy bottomed pan, add a generous glug of oil for frying and heat
2. Add onions, carrots, **celery**, garlic and dried herbs and fry stirring constantly
3. Reduce the heat and allow the vegetables to sweat in the pan
4. Add the chopped tomatoes and the tomato puree
5. Bring to the boil and reduce to a simmer for at least 20 minutes or until the vegetables are tender
6. Using a hand blender PUREE the sauce until smooth
7. Adjust the seasoning with salt and pepper, adding more herbs if required
8. Add the sugar at the end to counteract the acidity of the tomato, adding more if required

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...