

Fresh tomato sauce

List of ingredients	List of equipment
<h2>Ingredients</h2> <ul style="list-style-type: none"> • 2 tbsp olive oil • 1 onion, finely chopped • 1 garlic cloves, crushed • 450g tomatoes • 1tsp granulated sugar • 1 tbsp tomato puree • salt and freshly ground black pepper <p>★ Aim Higher - Flavour your sauce by adding fresh or dried herbs such as basil or oregano or chilli</p>	<div></div> <p>*REMEMBER TO BRING A CONTAINER WITH TIGHT FITTING LID TO TAKE YOUR FOOD HOME IN*</p>

Time	Stage of making	Hygiene and safety	Quality
	Get organised: Ingredients on white tray Collect equipment	Tie hair up Put apron on Wash hands Check ingredients in date and stored correctly	
	Boil kettle	Keep electrical equipment away from water	
	Skin the tomatoes - pour boiling water into a bowl - score the tomatoes with a knife and place into the hot water for 5 minutes.		
	Peel and dice onion. Peel and finely chop garlic	Brown chopping board Bridge and claw	Onion to be 5mm dice Garlic to be 2mm dice
	Remove tomatoes carefully with spoon and place into cold water - leave until you can pick them up comfortably and peel off skins.	Only handle tomatoes when it is cool enough to do so	Make sure all skin removed
	Dice the tomatoes	Green chopping board Bridge and claw	Evenly cut
	Heat the oil in a pan and gently fry the onion and garlic	Pan handle to the side	Cook until soft and translucent
	Add the diced tomatoes and sugar, and season, to taste, with salt and freshly ground black pepper. Stir well and simmer.	Wooden spoon for stirring	Cook until the tomatoes are pulpy
	Add flavourings and adjust consistency		Add tomato puree to thicken or water to thin
	Serve dish and get photographed		Neat presentation
	Wash and dry dirty equipment Tidy away in cupboards and drawers	Hot soapy water to wash Clean tea towel to dry	