Recipe For Health | AUGUST 2018

ROASTED TOMATO SAUCE

Chef's recipe has layers of flavor beginning with roasting the tomatoes, and then adding Indian spices. You can use any kind of tomato for this sauce but it may need to be reduced (cooked longer) if you use beefsteak tomatoes rather than paste tomatoes.

Corporate Chef Kurt Kwiatkowski

Featured Food: Tomatoes

Yield: about 1 quart

Ingredients

5 T. canola oil 2# (about 16 medium) Roma tomatoes, quartered

½ c. medium diced white onion 1 t. garam masala

 $\frac{1}{4}$ c. medium diced celery $\frac{1}{4}$ t. cayenne pepper (more if you like spicy)

1/4 c. medium diced carrots 1 t. paprika

1 T. tomato paste
1 t. tandoori seasoning
3 cloves of garlic, minced
2 c. chicken (or vegetable) broth
1 c. beef (or vegetable) broth
Salt and pepper to taste

2 T. cashews

Preparation

Heat 3 T. oil in a saucepan and sauté onions, celery, and carrots for 5 minutes. Add tomato paste and garlic; sauté for an additional minute. Deglaze the pan with broth. Bring to a boil and then reduce heat to medium low. Add cashews to sauce. Simmer while roasting tomatoes.

Coat the tomatoes with remaining oil and spread them in a single layer on rimmed baking sheets. Put in a preheated 350°F oven for 15 to 20 minutes. Remove from oven.

Add roasted tomatoes and spices to your sauce. Let sauce simmer for an additional 15 minutes. While warm, blend until smooth with immersion blender or a regular blender. Pour through fine-mesh strainer. Taste and adjust with salt and pepper.

Serve with pork, chicken, beef, vegetables, or grain.