

SOFRITO

What to do with an abundance of garden produce! This delicious sauce freezes well. Serve it by the spoonful to season vegetables or by the ladleful to top pasta. Add a sprinkle of cheese and you've got a meal!

Corporate Chef Kurt Kwiatkowski

Featured Food: Roma Tomatoes

Yield: 2.5 to 3 cups

Ingredients

3 lb. ripe Roma tomatoes	1 dried bay leaf
¼ c. olive oil	1 t. smoked paprika
4 c. small diced onions	Honey to taste
½ c. small diced red pepper	Red wine vinegar or lemon juice to taste
8 cloves of garlic, minced	Salt and pepper to taste
1 c. vegetable broth or dry red wine	
1 t. dried thyme	

Preparation

Bring stock pot of water to a boil. Meanwhile, prepare tomatoes for blanching: wash and core them, then score blossom ends with an X. Place a few tomatoes at a time in boiling water for 15 to 20 seconds (longer if the tomatoes are not perfectly ripe), then transfer immediately to an ice bath. When cool, slip off skins. Next, cut tomatoes in half through the middle to expose the seeds. Hold tomato half over a bowl and gently squeeze; use your fingers to help the seeds come out while squeezing as gently as possible. Once the tomatoes are peeled and deseeded, cut them into a large dice and set aside.

In a non-reactive sauce pan, heat olive oil over medium heat. Add onions and sauté for about 5 minutes. Add red pepper and garlic and continue to sauté for an additional 2 minutes. Transfer mixture to food processor or blender and blend until smooth. Put puree back into sauce pan. Add tomatoes, broth, thyme, bay leaf and paprika. Simmer until sauce has thickened, about 30 minutes. Add honey or vinegar to adjust tartness to suit your taste buds—go slowly as ½ teaspoon of either may be enough. Add salt and pepper to taste. Serve sofrito as a sauce to season vegetables, pasta or other dishes.