

CROWD SAUCING

How to get your sauce tasting as good as it can



1. Start with really ripe tomatoes You can ripen tomatoes by :
 - Leaving them out of the fridge.
 - Keep them in the box. This will trap the ethylene gas they produce and hastens ripening.
 - Putting them with apples and/or banana which also emit a large amount of ethylene.
 - Keeping them warm.
 - Tomatoes need warmth, not light, to ripen.

2. When blanching the tomatoes for sauce, strain the tomatoes as much as possible. Many methods of saucing making call for blanching and straining of tomatoes. When you strain the tomatoes, they leach out water and some of their acid, leaving a sweeter sauce. Your sauce will also be more concentrated and require less cooking when it comes to it.

3. Get rid of the seeds and skins. This is optional, but recommended on some websites. Some say both of these can possibly lead to some sour flavours sneaking in. Getting rid off the seeds and skins can be a longer, manual process, or you can use a passata machine or a Mouli to help.

4. And what about salt and herbs in the sauce? It depends if you're saucing or passata making. Many experienced sauce makers advocate for sauce without any extras. It's better to preserve fresh sweet tomatoes and then add whatever you feel like when you cook. For instance if you make a *puttanesca* sauce and use anchovies and salted capers, you don't want to have a salt tomatoes sauce already. Salt isn't needed to help preserve sauce if it is processed (preserved) correctly.

5. Don't cook your sauce too long when you use it!

Photos by H. Elliot, Crowdsaucing Day 2016

www.ceresfairfood.org.au
 Ph: +61 (03) 8673 6288
 Email: info@ceresfairfood.org.au

[IG] [FB] @ceresfairfood

