FOOD & COOKING
WITH CHEF ROSS

Tomato Sauces



Preparation: 15 minutes | Cooking: 40–55 minutes | Serves: About 4 people

What you need

Ingredients



- 1 tablespoon extra virgin olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 kg cherry tomatoes, left whole
- Salt & pepper to taste
- A little water, if needed
- Fresh basil leaves

Optional flavours

- Chilli to taste
- ½ teaspoon turmeric

Equipment



- Large saucepan
- Knife and chopping board
- Wooden spoon
- Measuring spoons
- Stick blender (for smooth sauce)
- Fine strainer, bowl and spoon (for fine purée)

Let’s make it



1. Soften the onion — 3–5 min

Heat olive oil in saucepan over medium heat.
Add onion and cook 3–5 minutes until soft.

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2. Add garlic and tomatoes

Add garlic, cook 1 minute.

Add whole cherry tomatoes, salt and pepper, plus any optional chilli or turmeric.



3. Simmer — 35–45 min

Turn heat down.

Cook gently for 35–45 minutes, stirring occasionally.

Tomatoes will burst and soften.

Crush lightly with spoon as needed.

Add a little water if sauce is too thick.



4. Finish the base

Add fresh basil and stir.

Taste and adjust seasoning.

Choose ONE sauce texture below:.

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Option A — Chunky tomato sauce

Leave cooked tomatoes and vegetables in pieces.
Crush any larger bits with a spoon.
Serve as preferred.



Option B — Smooth tomato sauce

Take pot off heat.
Cool according to blender instructions.
Blend carefully using a stick blender.
Keep blade end below surface and turn off before lifting.



Option C — Fine tomato purée

Put a fine strainer over a bowl.
Press cooked sauce through using a spoon.
Discard skins, seeds and other solids left behind.

Serving and storage

- Use with pasta, pizza or cooked vegetables.
- Refrigerate within 2 hours in shallow containers.
- Store covered at 5°C or colder and use within 3 days.
- Freeze up to 3 months for best quality.
- Reheat until steaming hot.
- Do not store sealed jars at room temperature.
- This is not a tested preserving/canning recipe.
- Vegan and vegetarian.
- Gluten-free when ingredients and handling are suitable.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.