

Note: In place of the shrimp, two cups of any of the following may be used: shelled raw clams without juice; raw oysters, cut small; crabmeat; lobster meat, cut small; raw baby squid, sliced thin.

The most versatile of vegetables is the tomato. Who could do without it? Here is a whole repertory of tomato sauces, any of which would do credit to Italy, Spain or the region around Nice.

Good - our favorite 1973!

* BASIC TOMATO SAUCE

About 3 pints

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| 2 cups chopped onion | 1 bay leaf |
| 3 cloves garlic, chopped | 1/2 teaspoon salt |
| 3 tablespoons olive oil | 1/4 teaspoon freshly ground black pepper |
| 3 1/2 cups canned Italian style plum tomatoes, undrained | 1/2 teaspoon oregano, or 1/4 teaspoon each oregano and basil |
| 2 small cans tomato paste | |
| 2 cups water or meat broth, approximately | |

28 oz can peeled, crushed tomatoes

We usually use 2 bouillon cubes and up to 2 cups of water

1. Sauté the onion and garlic in the olive oil until brown, stirring often. Add the tomatoes, tomato paste, water, bay leaf, salt and pepper. Simmer uncovered, stirring occasionally, about two hours. Add more water as necessary.

2. Add the oregano and continue cooking about fifteen minutes. Remove the bay leaf. The sauce should be thick. Serve over cooked spaghetti or use as an ingredient in such dishes as eggplant parmigiana (page 379), meat loaf, soups and stews.

Mormor's Variation: brown 1 lb ground beef and 1 lb sweet Italian sausages (cut in half or thirds)

VARIATIONS:

Meat Tomato Sauce: Brown one-half pound chopped beef in the fat before adding the onions and garlic.

Tomato and Wine Sauce: Substitute one cup dry red wine for one of the cans of tomato paste.

TOMATO SAUCE WITH MUSHROOMS

About 2 1/2 cups

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| 3 tablespoons butter or olive oil | 2 cups canned Italian plum tomatoes |
| 1/2 cup chopped onion | 3 tablespoons tomato paste |
| 1 small clove garlic, finely chopped | Salt and freshly ground black pepper to taste |
| 1/2 cup chopped celery | |
| 2/3 cup sliced fresh mushrooms | |

1. Heat the butter in a saucepan and in it sauté the onion, garlic and celery. When the onion is transparent, add the mushrooms and cook three minutes longer, stirring occasionally.

2. Add the tomatoes and simmer fifteen minutes. Stir in the tomato paste

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