

# Tomato Sauce

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## Ingredients

- 10 lbs fresh tomatoes (Roma or San Marzano preferred)
- 1 large onion, finely chopped
- 4 garlic cloves, minced
- 1/4 cup extra virgin olive oil
- 2 tsp sea salt
- 1 tsp freshly ground black pepper
- 2 tsp dried basil or 1/4 cup fresh basil, chopped
- 1 tsp dried oregano
- 1/4 cup red wine vinegar or lemon juice (for acidity)

## Directions

- **Prepare the Tomatoes:** Wash tomatoes, remove stems, and score an "X" on the bottom of each. Blanch in boiling water for 30 seconds, then transfer to an ice bath. Peel and roughly chop.
- **Cook the Sauce:** In a large pot, heat olive oil over medium heat. Sauté onions until translucent, about 5 minutes. Add garlic and cook for 1 minute.
- **Simmer:** Add chopped tomatoes, salt, pepper, basil, and oregano. Simmer on low heat for 1-2 hours, stirring occasionally, until thickened.
- **Blend (Optional):** For a smoother sauce, use an immersion blender or blend in batches.
- **Acidity and Canning:** Stir in red wine vinegar or lemon juice. Ladle the sauce into sterilized jars, leaving 1/2-inch headspace. Seal with lids.
- **Process:** Process jars in a boiling water bath for 35 minutes (adjust for altitude). Cool and store.



# Peach Preserves

## *ingredients*

- 5 lbs ripe peaches
- 3 cups cane sugar or honey
- 1/4 cup lemon juice
- 1 tsp ground cinnamon (optional)
- 1/2 tsp grated fresh ginger (optional)
- please note: Any fruit works with this dish.  
Keep it seasonal and fun.

## *directions*

- Prepare the Peaches: Wash peaches, remove pits, and dice into small chunks. If desired, blanch and peel them for a smoother texture.
- Cook the Preserves: In a large pot, combine peaches, sugar, and lemon juice. Let sit for 30 minutes to draw out juices.
- Simmer: Place the pot over medium heat and bring to a gentle boil. Stir frequently to prevent sticking. Add cinnamon and ginger if using.

# Peach Preserves



## *directions continued*

- **Thicken:** Simmer for 30-45 minutes, skimming off any foam, until the mixture thickens and coats the back of a spoon.
- **Jar and Process:** Ladle hot preserves into sterilized jars, leaving 1/4-inch headspace. Seal with lids and process in a boiling water bath for 15 minutes.
- **Cool and Store:** Allow jars to cool completely before storing in a cool, dark place.

## INGREDIENTS

- 2 lbs mixed vegetables (e.g., carrots, cucumbers, cauliflower, green beans)
- 4 cups water
- 2 cups apple cider vinegar or white vinegar
- 2 tbsp sea salt
- 2 tbsp raw honey or sugar
- 2 tsp whole mustard seeds
- 2 tsp black peppercorns
- 2-4 garlic cloves, sliced
- 1-2 dried chili peppers (optional)
- 1-2 fresh dill sprigs per jar (optional)

## INSTRUCTIONS

1. Prepare Vegetables: Wash and cut vegetables into uniform pieces. Blanch firmer vegetables (like carrots or cauliflower) for 1-2 minutes and cool.
2. Prepare Brine: In a pot, combine water, vinegar, salt, and honey. Bring to a boil, stirring to dissolve.
3. Pack Jars: Pack sterilized jars tightly with vegetables, garlic, mustard seeds, peppercorns, and optional dill or chili peppers.
4. Add Brine: Pour hot brine over vegetables, leaving 1/2-inch headspace. Tap jars gently to remove air bubbles and seal with lids.
5. Process: Process jars in a boiling water bath for 10 minutes.
6. Cool and Store: Let jars cool before storing. Allow at least 1 week for flavors to develop before opening.



## Pickled EVERYTHING



4 servings



15 minutes

## NOTES

Pickling is both an art and a science that combines creativity with food safety. The key to a successful pickle lies in maintaining the proper balance of acidity and salt to ensure safe preservation while enhancing flavors. Always use fresh, high-quality vegetables, and pack them tightly into jars to minimize air pockets. Adjust the brine to your taste by experimenting with spices like dill, mustard seeds, or chili peppers for added complexity. If you're new to pickling, start with smaller batches to practice techniques and flavor profiles. Remember, the magic of pickling is in the waiting—allow at least one week for the flavors to fully develop before enjoying your homemade pickled vegetables!