# Tomato Sauce

## 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 1/2inch headspace. Seal with lids.
- Process: Process jars in a boiling water bath for 35 minutes (adjust for altitude). Cool and store.





#### **INGREDIENTS**

- 2 lbs mixed vegetables (e.g., carrots, cucumbers, cauliflower, green beans)
- 4 cups water
- 2 cups apple cider vinegar or

- 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)

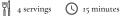
#### INSTRUCTIONS

- 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
- 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





#### 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!