

PUTTANESCA SAUCE

This is a strongly flavoured and chunky sauce that is very good on large pasta that will hold it well eg shells or penne

2 onions finely chopped	1 small, flat tin of anchovies in olive oil
2 large cloves garlic crushed	16 olives stoned and chopped or 3 tablespoons olive paste
¼ cup olive oil	3 tablespoons dried tomato paste or tomato paste
1 tin chopped tomatoes or passato	2 tablespoons capers in vinegar coarsely chopped
1 lb fresh tomatoes skinned and chopped	pinch of sugar
½ cup chopped parsley	salt and pepper
1 tablespoon of dried oregano	dash of chilli powder or tabasco to taste if desired.

METHOD

1. Fry the onions in the oil until golden brown. Add the garlic and fry until softened but not coloured.
2. Add the tinned tomatoes and fresh ones, as well as the parsley, and oregano. Allow to cook slowly for for about 20 minutes. If fresh tomatoes are not available used a second tin of chopped tomatoes.
3. Add the olive paste, dried tomato paste, capers and tin of anchovies. The anchovies will 'dissolve' on cooking.
4. Continue to cook the sauce slowly until all the ingredients have softened and the sauce has thickened to a good consistency ie not runny and separating out but not gluey. If it has become too thick, add extra water.
5. Season to taste with salt and pepper and a little chilli if desired.