



Slow-cooked aubergine and tomato sauce recipe

This rich, slow-cooked, vegan pasta sauce is a winner. Taking the time to cook the sauce for longer gives a great depth of flavour. You can simply reheat, and cook the pasta when your guests arrive. Make sure you follow our tips to ensure you prepare, cook and serve it to your guests safely.

DIRECTIONS

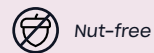
1. Start with your vegetable prep – wash and cut the aubergine into 2cm chunks and finely dice the onion. Peel and smash the garlic.
2. In a large heavy-bottom saucepan, heat a tbsp or so of olive oil over a medium heat.
3. Fry the aubergine in batches for 5 minutes until softened, set aside. Fry each batch with a pinch of salt and a little more of the oil where needed.
4. In the same pan, gently fry the onion in the remaining olive oil for 10 minutes on low heat. You want to cook them low and slow here so they get really sweet. Add the garlic and chilli flakes, and cook for another 5 minutes.
5. Add the tinned tomatoes, $\frac{1}{2}$ a tin of water, the vinegar, sugar, basil sprigs and a seasoning of salt and pepper. Stir well to combine.
6. Let cook on a low heat for 1–2 hours.
7. If you wish to freeze the sauce, separate it into smaller portions, in food-safe plastic containers or sealable sandwich bags so it can cool quicker. You can then freeze the sauce for up to 6 months.

8. When you come to use the sauce, defrost and combine it with your pasta, using a little pasta water to loosen it. Finish with toppings of your choice. We went with some burrata, basil leaves, extra virgin olive oil and a twist of black pepper. Enjoy!

Safety tips:

- Reheat the sauce until it is steaming hot all the way through and reaches a reheating temperature of 70 °C for two minutes or 75 °C for 30 seconds.
- You must not place the warm sauce in the freezer or fridge as this can cause the temperature of the unit to rise above an acceptable level.
- Only defrost and use what you need to avoid reheating the sauce multiple times.
- You must cool and then freeze the sauce within 90 minutes to avoid the food entering the temperature danger zone. Dividing it into smaller portions will allow you to do this faster.

SERVES 6-8



Nut-free



Gluten-free



Vegan

INGREDIENTS

2 aubergines
1 white onion
4 cloves garlic
3–4 tbsp extra virgin olive oil
1 heaped tsp chilli flakes
2 tins of the best quality tomatoes you can get
3 tbsp red wine vinegar
1 tsp sugar
2 sprigs of basil
Salt and pepper