



Classic Tomato Ragu (Reduction Sauce)

Ragu is an Italian term for a meat-based sauce which is traditionally served with pasta. In this activity you will make a vegetable based sauce to serve with pasta.

Learning Objective

In this activity, you will:

- Learn how to make a sauce using the reduction method
- Demonstrate safe use of a knife and other small tools and equipment
- Prepare a range of fresh ingredients, e.g. peeling, slicing
- Use the cooker safely

Keywords: sweat, fry, boil, simmer, reduce.

Ingredients

1 onion
1 clove garlic, peeled and crushed
1x15ml spoon oil
1x400g canned chopped tomatoes
Handful of fresh basil
Black pepper

Equipment

Knife, chopping board, garlic press, measuring spoons, wooden spatula, saucepan, can opener.

Method

1. Peel and chop the onion and peel and crush the garlic.
2. Fry the onion and garlic in the oil for 5 minutes, until soft. Be careful not to burn the onion and garlic otherwise it will make your product taste bitter.
3. Add the tomatoes and tear in the basil leaves.
4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).

Optional

You may wish to serve the tomato ragu with pasta:

- After 15 minutes, put a large saucepan of water on to boil. When rapidly boiling, add the 100g pasta and cook for around 10 minutes until al dente.
- Drain the pasta, then mix the cooked pasta and tomato sauce together.

Top tips

- Use dried herbs if you do not have fresh.
- Add ½ red chilli, for a sauce with a kick.
- Add 75g mushrooms and 75g courgette after stage 2 for a simple veggie sauce.
- Add and brown 200g minced beef after stage 2 for a simple meat sauce.
- Stir in black olives and tuna.
- Add chicken or chickpeas and serve over rice
- Pour the basic sauce over white fish, sprinkle with cheese and bake for 20 minutes until golden.

Skills

Using the hob

Onion preparation (bridge hold/claw grip)

Simmering (heat control)