Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Simmer Time:** 5 minutes

**RECIPE:** Pizza Sauce **Servings:** 2 people

**INGREDIENTS:**  0.5mL Pepper

15mL Oil ½ Bay Leaf

8mL Margarine 1mL Fennel Seeds

60mL Onion, minced 1mL Sugar

 1/2 Garlic Clove, minced 30mL Celery, finely minced

125mL Tomato Sauce 2.5mL Basil

15mL Tomato Paste 2.5mL Oregano

15mL Parmesan Cheese 1mL Salt

\***REMINDERS**

- If sauce becomes too thick then add 15mL water at a time to get correct thickness

- Boil = high heat

- Simmer = low heat

- stir with silicon spatula and scrape bottom of saucepan when stirring

- minced = finely chopped (smaller than dice)

**INSTRUCTIONS**: ( Day 1)

1. In a small saucepan, melt \_\_\_\_\_\_\_\_\_\_ with the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Add the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ onion, celery, and garlic and sauté until soft and transparent.
2. Add \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and stir until smooth.
3. Add remaining ingredients and bring to a \_\_\_\_\_\_\_\_\_\_\_ then lower heat, put the lid on and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Stirring often so that it does not burn.
5. Transfer to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Label and place in fridge

Tray Equipment

Person A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LAB DUTIES:**

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DEMO QUESTIONS**:

1. Why is sugar used in tomato based sauces?
2. What nutrients are hiding in this pizza sauce?