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, finely 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

**INSTRUCTIONS**: ( Day 1)

1. In a small saucepan, melt margarine with the oil. Add the finely minced onion, celery, and garlic and sauté until soft and transparent.
2. Add tomato sauce and tomato paste and stir until smooth.
3. Add remaining ingredients and bring to a boil then lower heat, put the lid on and simmer.
4. Stirring often so that it does not burn.
5. Transfer to non-metal bowl. 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?