

Siciliana Sauce

The Italian Country Table, by Lynne Rossetto Kasper



A good-with-everything kind of thick tomato-jammy sauce.

1 tablespoon extra virgin olive oil
1/2 medium onion, minced
1 1/2 inches rosemary sprig
salt and pepper, to taste
3 tablespoons sugar
1/8 teaspoon oregano
1/4 teaspoon dried basil
zest of one large orange
1 large garlic clove, minced
1/2 cup red wine vinegar
1 cup canned tomatoes, drained, generous cup

Serving Ideas: Spread this on grilled lamb or tuna, thick slices of grilled onions or portobello mushrooms. Or, daub it on bruschetta.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

Sweet, tangy and tart all at the same time. Absolutely the best using San Marzano tomatoes from Italy.

1. In a 10-inch skillet, heat the oil over medium-high heat. Add the onion, rosemary and a generous sprinkling of salt and pepper. Saute until the onion begins to color, then add the sugar. Stir with a wooden spatula as sugar melts and bubbles (taking care not to burn), the finally turns pale amber, while the onions remain light-colored.
2. Immediately add the herbs, zest and garlic. Standing back to avoid splatters, quickly add the vinegar. Stir and boil down until the vinegar is a glaze, coating the onion and barely covering the bottom of the pan. Continue to scrape down the pan's sides, to bring the developing glaze back into the sauce. Watch for burning.
3. Stir in tomatoes, crushing them with your hands as they go into the pan. Boil, scraping down the sides and stirring, until the sauce is almost sizzling in its own juices. It should be a thick jam that mounds on a spoon. Finish seasoning with a few grinds of black pepper, turn out of the pan and cool. Serve at room temperature or warm. Store covered in the refrigerator.

Yield: 1 cup

Per Serving (excluding unknown items): 62 Calories; 2g Fat (32.8% calories from fat); 1g Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 61mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.