



# COOKING WITH SAFTA

## CATEGORY

Sauces

## RED & WHITE SAUCE

### INGREDIENTS

#### RED (Tomato) Sauce

1 or 2 cans tomato  
onion  
garlic  
olive oil, butter  
fresh or dried basil  
salt, black pepper

#### WHITE Sauce

1 small onion  
1 minced garlic clove  
1 tbsp olive oil  
2 tbsp butter  
3 tbs of flour  
1 cup milk +  
1/4 cup parmesan cheese  
oregano salt, black pepper

### SAFTA'S SECRETS



### PREPARATION

#### RED SAUCE:

Use a shallow and wide pot. Squeeze or cut the tomatoes. add the sliced garlic, onion, olive oil, salt, pepper, and basil. Cook it for at least half an hour (the more you cook it the better it will taste)

This is the basic sauce. It is good for Pizza. For Pasta's you can add different ingredients to enhance the sauce like change the olive oil to butter, you can add cream and different kinds of cheese, you can add wine and grilled vegetables to create your own red sauce.

#### WHITE SAUCE:

Mince small onion and 1 garlic clove. In a pot, heat 1 tbs of olive oil 2 tbs of butter. Add the onion and the garlic to soften. Add the flour and cook it till it is light brown. Add the milk gradually while whisking until it is smooth. Add salt and oregano to taste, add the parmesan (if the sauce is too thick you can add a little more milk). Cook till it thickens. Take it off to cool.

