

# Chef reveals how to make pasta sauce – Webnews21

Many people love pasta and a perfect dish is made with pasta when tossed nicely with a sauce. The classic Italian tomato pasta sauce also is known as Pomodoro is required to learn as the first step to know how to make Pasta Sauce.

Fresh tomatoes, onions, basil, oregano, garlic, olive oil can be bought at your local food store or supermarket. Even many household kitchens have these items in their pantry for their daily cooking. Even outside Italy, every superstore has a peeled Italian tomato tin which may also be considered. I have described the easiest way of how to make a pasta sauce.



ingredients for how to make pasta sauce

Fresh Tomato diced or Tomato tin 400 grams  
Ingredients

Onion 100 grams chopped

Garlic 25 grams chopped

Fresh basil 15 grams chopped

Fresh oregano 15 grams

Olive oil 20 ml

## Procedure

Put the thick-bottomed saucepan on top of a stove, heat olive oil. Add garlic and onions till keep stirring until the onions are transparent. add the tomatoes and reduce the heat. Let it cook slowly for 15-20 minutes. Please remember fresh tomatoes will take more time to cook than the tinned ones. Even the tinned one will get a bright red color. So if you are using fresh tomatoes, make sure they are ripe and red.

Once the sauce is almost ready, add fresh basil and oregano. Take it out from the stove. Let it cook down. Regarding salt and pepper, some chefs prefer to season the sauce. Others don't season it at all and do the seasoning when they are finally tossing the pasta

When you buy your basil and oregano try to use them the same day. If it gets brown, u can not get the real flavors. Keep the stalks dipped in water. Now, if you have learned, how to make pasta sauce, you can make a big batch and freeze it into small portions. This may help to make your life easy, next time you would like to make a pasta dish. Just need to defrost the sauce ahead of time. Boil the pasta and mix it.

The recipe I have provided is one of the easiest recipes and probably can't be easier to learn how to cook a pasta sauce. But please remember, it's not only one sauce. There are several sauces that can be prepared for pasta. A good tomato sauce is the basics of Italian cooking.

1. Carbonara
2. Pesto
3. Cream sauce
4. Mushroom sauce
5. Bolognese

There is no alternative to homemade pasta dough, however at home, many prefer to purchase ready-made pasta packets from the supermarket.

As you already know how to make pasta sauce, you can prepare many varieties from it. You can add bacon, mushrooms, or any other vegetables to make it more wholesome. Adding some parmesan cheese on top of your pasta will make it a great addition to your taste bud.

Also known as Pomodoro sauce, which means “tomato in the sun” in Italian and it’s a simple tomato-based sauce that is very tasty. The key to an excellent Italian tomato-based sauce lies in the ingredients: fresh and juicy tomatoes, olive oil, fresh Italian basil leaf. These four ingredients combined to make a good and healthy tomato-based sauce that can be used for all kinds of recipes.

The best part about this tomato-based sauce is that it contains so much taste from the tomato. It is full of flavor and aroma with a hint of salt. This combination of flavor and aroma gives it its freshness that people love so much. One can even eat it on its own without any added flavors.

One of the biggest secrets to the success of the Italian tomato-based sauce is the fact that it is very low calorie. Tomato is known to be a natural source of low calorie. So this tomato-based sauce will not only help you cut your weight but will also help you control your [diabetes](#). The fact that it is high in low calories and low fat makes it very healthy. In fact, it is considered to be a perfect solution for those who are suffering from diabetes or are trying to lose weight.

This type of tomato sauce is very versatile. You can use it in so many ways to make it unique and original. You can add it to your pasta dishes as well as other foods like pasta salads, meatballs, and even on your salad. You can even eat it with your favorite dipping sauce and serve it with your dinner or lunch. If you are feeling bored of dipping your food in a tomato-based sauce, then you can always go for mayonnaise and other salad dressing.

Another secret of the Italian tomato-based sauce is that it is easy to prepare. It is very easy to prepare and does not require too much cooking time to prepare. You do not need any special utensils or pots or pans to cook it. It can easily be served as it is with your favorite pasta. And cheese. This is another reason why it is very easy to cook with it.

If you are looking for a healthy and fresh homemade Italian tomato-based sauce then you must try out this one. You will find this tomato-based sauce recipe easily online and it is a good option to cook with. This is one thing you can always trust. And depending on your health and nutrition.