



Pilot Light Family Meal Lesson
Marcella Hazan's Perfect Three-Ingredient Sauce

Suggested Age Range: 5 years and up

Recipe: Marcella Hazan's Perfect Three-Ingredient Sauce

Delicious food does not have to be complicated. In many cases, the simpler, the better. This recipe is perfect for everyone because it's extremely simple, extremely versatile, extremely inexpensive, and extremely delicious. It can be used for pizza, pasta, with fish, on beans. It's great for all ages and stages. While the original recipe calls for a food mill, little ones will have a wonderful time squishing tomatoes with their hands. Big kids have a never-fail recipe they can make in a pinch.

Tomato Sauce III

from The Classic Italian Cookbook by Marcella Hazan (Ballantine Books 1973)

2 pounds fresh, ripe, plum tomatoes
¼ pound butter
1 medium yellow onion, peeled and halved
Salt
¼ teaspoon granulated sugar

1. Wash the tomatoes in cold water. Cut them in half, lengthwise. Cook in a covered stockpot or saucepan until they have simmered for 10 minutes.
2. Puree the tomatoes through a food mill back into the pot. Or, let the tomatoes cool completely and enlist the help of a child to squish the tomatoes until they're just chunky. Add the butter, onion, 1 ½ teaspoons salt, and sugar and cook at a slow but steady simmer, uncovered for 45 minutes. Taste and correct for salt. Discard the onion.
3. Good canned tomatoes make this recipe even easier, and are a better choice in the winter when supermarket tomatoes are pale and flavorless. If using, use 2 cups of tomatoes and their juice, and start the recipe at Step 2.

Activities/Discussion Questions:

Discuss and/or write about the following:

1. Marcella Hazan created and wrote this recipe. Who is she?

2. How does this sauce taste different from other kinds of tomato sauces you've tried?
3. How could you change the flavor of this sauce, if you wanted to? What ingredients could you add?
4. Imagine all the things you could do with this sauce. With what other foods could you eat it with besides noodles or pizza?
5. Can you write a song about tomato sauce? How about a poem?

This family lesson was written by Pilot Light Food Education Fellow, Kristine Wilber, and is inspired by the beautiful writing and cooking of Marcella Hazan.