



You Gotta Just Roll With It

Life really is all about change. If nothing ever changed, things would get pretty boring. In my life, change happens so much, I am always grateful if I can have a couple of weeks of boring consistency. Sometimes it is a bit exhausting trying to find ways to shift, maneuver, bend, contort, but most often, once I have things figured out, I realize I found a new, improved way of doing something and I am really proud of making it happen. And so it was for our first weekend of Saucing On The Farm.

This past Saturday's group was pretty small, but it was so nice to have the chance to spend a lot of quality time with everyone here. I got to hear stories about kids, jobs, and travel to amazing places. I got to visit with a former member who moved out of our delivery area. I remember when her daughter was really little and now she was here helping mom cook down 40 lbs of tomatoes. The weather on Saturday turned out to be not nearly as hot as predicted and we were gifted with a light breeze to keep us comfortable. It was a pretty amazing day. Then there was Sunday. I got up early in the morning because a couple of members were coming up to have breakfast with me. When I looked outside I discovered it was raining! In August? With freakish weather you really have no idea what might happen; it could stop in 5 minutes, or we could have a downpour and hail. The wind could kick up and make it impossible to use propane stoves outside. With another small group coming I realized it would be easy to switch gears and move everything into the farmhouse. This, actually, made me really happy, because my house and kitchen were built specifically to host group activities in the kitchen. It thrills me to see it get used the way it was meant. What was really great, I got to teach everyone how I make sauce. And that got me thinking that I should share this with all of you so you can learn this simple way of making sauce.

Because I have been cooking for so long, there are a lot of things I do that I completely take for granted, and it is hard for me to remember that most people haven't had these opportunities. Making tomato sauce, almost every weekend for the past many summers I have learned a lot, so this newsletter is all about saucing.

Lorraine's Sauce 101

The two couples who were here on Sunday were able to process 40 lbs of tomatoes in just a little over 2 hours time, which is pretty fast. Because I typically do this work alone, it was fun watching them work together, and it was clear that working in tandem was fun and fast! To help you make

your own sauce at home, I literally went through the process as I wrote this so hopefully I haven't forgotten a step.

Step 1 - Prepare by gathering all the items you need: Cutting board, large colander, knife,- I use a large bread knife, a bowl to put the butt ends into, rimmed baking trays, I use silt pads or parchment to line my trays and 2 cooling racks or something you can put the hot pans on, and don't forget the hot pads. A second colander plus a pot or large bowl to put it over for draining the liquid OR a Chinois is perfect for draining. When working with one oven, I prepare 3 trays. Preheat your oven to 400-425 depending on how hot your oven runs. It is really nice to have everything in place before you get started, so once you start cutting and roasting you can just rock n roll!

Step 2 - wash your tomatoes in a colander and leave in the sink if you can, if you can't it helps to have a large bowl you can put the colander over to catch drips. I like to work by the sink in case I need to do a little extra rinsing. Position your tomatoes on one side, cutting board in the middle and trays on the other side.



Step 3 - cut the butt end off, then cut the tomato in half. Place you tomatoes, cut side down on a rimmed baking sheet. The rim is really important, otherwise you will have tomato juice all over your oven! Fill one tray, then put it into the oven on the top rack and set your timer for 10 minutes.

Step 4 - finish cutting tomatoes to fill the remaining 2 trays. This will take you just under 10 minutes, so when the timer goes off put your second tray in on the lower rack, then spin around the first tray (the one on the top rack) to rotate for more even roasting.



RECIPES AND IDEAS FROM LORRAINE



Tomato saucing cont'd
Set the timer for another 10 minutes. When the timer goes off, pull the top rack out, put the tray from the bottom on to the top rack, and pop your third tray in. Set the timer for another 10 to 11 or 12 minutes, I add extra time because you lose heat with the door open. The finished tomatoes go on to a cooling rack. Don't stress if the skins blacken, those are

the ones that pop off the easiest! FYI I have done 3 racks but find you end up with too much steam in the oven.

Step 5 - as soon as you can touch the skins, pull them off and discard if you don't want them. Don't stress if not every bit of skin comes off,



it will all get ground up anyway. Next, carefully scoop the contents of that tray into your colander. Make sure it is positioned nicely over the pot, you want to capture that liquid because you can reduce it 50% and add it back in, which means you don't need to cook the "sauce" any more than what happened in the oven. You can also opt to leave that water out if you prefer a thicker sauce. In that case, I jar the "water" and save it for soups or use it when cooking rice or beans.

Step 6 - I like to let a lot of the liquid drain, so I let them sit for several minutes. While they are draining you can work on slicing more tomatoes. When they are ready, you pour the cooked tomato meat into a large bowl or a pot.

Step 7 - Once all of the tomatoes are cooked and drained and in the pot or bowl I use my immersion blender and puree it into sauce. You can puree it to as smooth a consistency or chunky as you like. At that point you can decide if you want to put the tomato water in or not. If you don't have an immersion blender you can use a regular blender, just be careful, if the tomatoes are still hot it will blow the lid off your blender, so do that cautiously on the lowest speed.



Step 8 Bag, jar, can or freeze, it is really up to you! If you are canning, you will need to sterilize your jars. You can wash your jars in really hot soapy water and rinse in hot water. It is always best to fill warm/hot jars with warm/hot sauce.

Make sure to use new seals and to sterilize

those as well. You can re-use the rings though. Before closing you will want to add the appropriate amount of acid, 1 TB lemon juice or 1/4 tsp citric acid to each PINT jar, give it a good stir especially around the edges, you want to mix in that acid, but also need to make sure there are no air pockets. If you decide to freeze, you can use mason jars but make sure they are FREEZER SAFE jars and DO NOT FILL ABOVE the freezer line. You can also freeze in ziplock bags. It is best if you let your sauce cool quite a bit before filling. If you use bags,

squeeze any excess air out of the bag before sealing, so you can lay the bags flat, stacking them one on top of the other. If you are canning, having a canning funnel is really helpful. You do need to make sure you fill your jars appropriately and also make sure the rim is clean, any food/sauce on the rim will prevent a good seal. [Serious Eats](#) has a great step by step with all the explanations for any questions regarding canning anything, you may have.

Now that I am at the end of this, you might have noticed that I did not add one single seasoning ingredient. I stick with a strictly "Naked Sauce" because I never know how I want to use my sauce. By keeping it basic, only tomatoes, you can take it any direction you want when you are cooking your actual dish. The name of this game is getting naked sauce made, as much of it as you can find room to store. Believe me when I say, once you start making your own sauce you will never be able to eat store bought sauce again.

Before I end this week's newsletter, I would like to ask if there are things you would like more in-depth information on? If there are, please let me know organic@eatwell.com and I will do my best to address them in the newsletter. Happy Saucing!

This Week's Box

- *Slicer Tomatoes
 - *Cherry Tomatoes
 - *Potatoes
 - *Eggplant
 - *Peppers Bells OR Aribas
 - *Summer Squash
 - *Grapes
 - Chives
 - Beets
 - Onions
- * = Items in Box for 2