



## **Tomato Sauce – water bath method.**

**This is a method of preserving tomatoes using a water bath method. You can make a sauce with the tomatoes, or they can simply be peeled and placed whole or chopped into a jar with some lemon juice. To preserve the tomatoes, the jars are filled with the tomato, sauce, whole or chopped tomatoes and then the jars are boiled in water.**

**Generally, high-acid foods or acidified foods can be safely canned in a boiling water bath canner.**

### **Ingredients**

- 2tbsp olive oil
- 150g chopped onions
- 3 garlic cloves
- 3 celery stalks
- 1kg tomato skinned and deseeded and coarsely chopped
- 125ml water or wine
- 1tsp salt
- 1tsp honey
- Herb bundle – 2 sprigs thyme, 2 sage leaves, 1 bay leaves, 1 strips lemon/orange rind or local herbs.

### **Method**

- Heat oil in a large pot and add onion, garlic, celery
- Sautee for 10 minutes until translucent.
- Add rest of ingredients to the pan. Bring to a boil and then simmer for 30-45minutes until most of liquid has evaporated.



- Remove herbs, pour sauce into sterilised jars and seal.
- Preserve the tomatoes by using the water bath method.

### **Water Bath Method.**

- For this method, you need a large pot with a rack. The rack will keep the jars upright and prevent them from bumping into each other as the water boils.
- Before you fill the jars, make sure the jars and lids have been sterilised. To do this, place the jars in a pot and fill the pot with hot water until the jars are covered. It is best if you have a rack in the pot to keep the jars from bumping into each other and breaking. Bring to a boil and keep at the maximum temperature for 10 minutes.
- After 10 minutes, use tongs to remove them from the pot, tipping out any excess water. Place the jars upside down on a clean kitchen towel.
- For the lids, place the lids in a saucepan and generously cover with water. Bring to the boil, and then reduce the heat to simmer for 10 minutes, turn the heat off and cover the pan until you are ready to seal the jars.
- Bring water to a boil in your pot in readiness to process the tomatoes.
- Fill the jars with the sauce.
- If using peeled whole or chopped tomatoes, put 2 tablespoons of lemon juice into the jar and then fill the jar with the tomatoes. Press down firmly with a clean spoon so that the tomatoes fill the jar, and enough liquid is released from the tomatoes to cover them. If insufficient liquid, cover the tomatoes with boiling water.
- Wipe the jars clean with a clean cloth
- Set the jars in the canning rack and lower them into the boiling water. The jars should be completely submerged and covered with 2.5 cm of water.
- Cook the jars for 45 minutes adding more boiling water as needed to maintain the water level.
- Remove the jars from their water bath and set them on a counter to dry and cool. Do not disturb them for 12 to 24 hours