



## **Fresh Sun-Ripened Tomato and Onion Pasta with Basil Pesto and Pecorino Crisp Sauce**

Serves: 4 – 6 portions

### Ingredients

30 ml Sunflower Oil  
 35 g Butter  
 10 g Garlic – finely sliced  
 3 Onions (450 g skin off)  
 6 Fresh Red Tomatoes (620 g chopped)  
 100g Tomato Paste  
 1 tin Tomato and Onion Mix  
 15 ml Dried Origanum  
 6 Thyme Sprigs

### Method

- 1) Heat a pot. Add oil and butter and heat
- 2) Add onions and garlic and sauté until caramelised in colour
- 3) Add tomatoes and cook until tender
- 4) Add tomato paste (chef's note: allow the tomato paste to simmer to thicken the sauce and also to cook off the raw tomato paste flavour)
- 5) Then add tomato and onion mix and bring to the boil
- 6) Finish with origanum and thyme. Season to taste with salt and pepper (chef's note: keep in mind when seasoning that pasta doesn't have much flavour.)  
 (chef's note: this pasta sauce can be used as a base for pizzas, with baked potatoes and mielie pup)

### Hand pressed Basil Pesto

Yields: about 400 – 500 ml

### Ingredients:

70 g Fresh Basil  
 100 g Pine Nuts or Pine Kernels (chef's note: Flaked Almonds can be substituted as a more reasonable alternative and they taste as delicious!)  
 60 g Butter (chef's note: gives the Pesto a thicker consistency)  
 250 ml Olive Oil  
 25 g Garlic  
 100 g finely grated Parmesan or Pecorino  
 Salt and Pepper

### Method:

- 1) Place basil, butter, olive oil, garlic and grated parmesan into a liquidiser
- 2) Roast and slightly cool the pine nuts (chef's note: roast nuts just before adding to the other ingredients to ensure a fresh roasted flavour)
- 3) Add the nuts to the liquidiser and liquidise until the correct desired consistency is reached

## Pecorino Crisp

Serves: 6

60 g Pecorino (Supplier: Marrakesh – 033 267 7258)

1 piece of greaseproof paper

### Method:

- 1) Line a baking tray with grease proof paper
- 2) Grate pecorino and place thinly on greaseproof paper (6 x 15 cm)
- 3) Put in oven on low heat 105 °C until crisp. Place over a rolling pin when still warm. (chef's note: when making more than one at a time you may find the crisps get cold and don't bend with the rolling pin. Place crisps back into the oven to heat and then roll). Allow to cool and crisp up while still on the rolling pin

## Pasta

Yields: 4-6

### Ingredients

2 T Basil Pesto

Salt

500g Pasta

45 ml Olive oil

### Method

- 1) Fill a large pot with water and salt (chef's note: work on an average that for every 100 g of pasta use 1 litre of water. Pasta loves salt (10 g salt per 100 g pasta) so don't be scared to add)
- 2) When water is boiling add pasta and stir to prevent pasta sticking
- 3) Cook until al dente (firm to the bite)
- 4) When the pasta is cooked spoon the pasta out of the water with a slotted spoon into a colander. (chef's note: to prevent the starch sticking to the pasta and making the pasta quills stick to each other)
- 5) Put the pasta under cold water
- 6) Drizzle olive oil and basil pesto over the pasta for flavour (chef's note: I always add pesto or freshly cut herbs to pasta to enhance the flavour)

### Extras

### Fresh Basil

### Plating

Place pasta in bowl. Top with fresh sun-ripened tomato and onion sauce and a tablespoon basil pesto. Garnish with a pecorino crisp and fresh basil.

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