



Prepare Carmelo's simple but delicious
NAPOLETANA SAUCE RECIPE
(as seen in Italian Food Safari cookbook)

Ingredients:

3 tablespoons extra virgin olive oil
1 garlic clove, finely chopped
1kg tinned Italian tomatoes, or fresh tomatoes, peeled
Salt and pepper
10 basil leaves

Directions:

1. Heat oil in saucepan over medium heat & add garlic.
2. Fry briefly, then add the tomato.
3. Bring to the boil, then reduce the heat to a low simmer and cook for 20 minutes.
4. Season with salt and pepper
5. Tear over the basil at the last minute.

Serves 4