

## Giovanni's Marinara Sauce



With all the ready made Marinara Sauces that are available in the stores (some really good) now, I don't know why anybody would want to make this, but because it may be the most classic of all Italian sauces, I guess I better include it in case somebody wants to do it just for fun.....it is fun. Be sure to include plenty of pills on the side for us old poots.

Ingredients:

1. Olive Oil.....the good stuff
  2. Garlic.....plenty
  3. Tomatoes.....canned or fresh
  4. Parsley.....a gob
  5. Cheese: Of course the most popular for Pasta are those like Parmiggiano, Romano and Pecorino but many, many other kinds are good.... I especially like Asiago
  6. Optional Herbs: Oregano, Thyme, Savory, Basil, Marjoram, Rosemary, Sage.....I just buy the cans of Italian Seasoned Tomatoes
  7. Olives.....your favorite, optional
  8. Capers.....optional
  9. Mushrooms.....optional
- Spinach.....optional
- Wine for drinking while you make this.....necessary



Accumulate a nice pile of Italian looking things.



Gather a nice gob of Parsley from your Garden and put it in a jar of water so that it will stay fresh while you're putzing around.

If you don't have a Garden, just forget the whole thing and buy a jar of Marinara at the store.





From the freezer, take out the Garlic that you peeled last week.....or peel some now.



Chop it into various (not too small) chunks.



Dump it into a nice green sauce pan.



Pour in some Olive Oil.....enough to completely cover the Garlic.



Cook the Garlic (not to fast) until it just starts to brown a little. Don't let it cook anymore than just barely brown or it will be bitter.



Most major brands now have the Tomatoes with the Italian Style Herbs already in them.....this



is half of the work already done for you so I often buy these.



Sometimes I add a few Olives.....these are Kalamata.





Then dump in the Tomatoes before the Garlic cooks any more. If you decided to use fresh tomatoes, chop and add them now. Then add a little water or wine and stew them until they get soft.

This is also when you would add any Herbs that you have overheard in your Garden speaking Italian with each other.



If you had a can of whole Tomatoes, you should smonch them some (not too much) with a potato masher.

Doesn't this seem like a lot of trouble just to make a simple old Marinara Sauce.....oh well, what else did I have to do today?



Sometimes I find other leftover stuff in the fridge and dump that in there too.....I don't know what this was. But look around, you might find something that you need to get rid of.





Cover it and let it simmer on medium low while you have a glass of wine (Resveratrol is very good for you and will make hair grow on your arm.....maybe not) and mess around with the Pasta. I just saw a lady on TV who was trying to outrun the cops.....they caught her (dumb).

[http://images.google.com/images?sourceid=navclient&rlz=1T4GGLL\\_en&q=resveratrol&um=1&ie=UTF-8&ei=KsXfSdHWH6rxnQfjjJW0CQ&sa=X&oi=image\\_result\\_group&resnum=4&ct=title](http://images.google.com/images?sourceid=navclient&rlz=1T4GGLL_en&q=resveratrol&um=1&ie=UTF-8&ei=KsXfSdHWH6rxnQfjjJW0CQ&sa=X&oi=image_result_group&resnum=4&ct=title)



Boil some water and dump in some Pasta or whatever you're going to put the Sauce on. Some people put a little Salt in the water and others put in a little Oil to keep it from sticking. I just stir it around.



Of course you can dump the Sauce on lots of things like Ravioli and Tortellini.....dump in some Mussels, Squid, Clams or whatever you can feel around and catch.





While the Pasta is boiling, chop the Parsley into a multitude of witty bitty pieces. You want to put the Parsley in at the very last so that it will keep its color.



Dump in the Parsley and stir it around. Check the Pasta. It's supposed to be "Al Dente" or a little bit chewy.....not mushy. Don't let it overcook.



Ladle on the sauce. Sprinkle a few Capers on top of the Cheese.





Either dump on a generous little pile of Cheese or put the Cheese on the table so folks can help themselves.



Sometimes I serve it with Eggplant.



Or you could have it with some Shrimp or Mussels.



Of course the main thing is that when you are cooking, you sometimes attract guests that you might not want to have at the table so just give them something outside.





Or you could dump in a can of Clams or Mussels.....this is in another recipe called Spaghetti alle Vongole. If you do this, don't let any Italians see you add the Cheese. Cheese on Seafood is taboo in Italy and they might beat you with a giant Artichoke.

Buon Appetito!