**Tomato and Onion Topping**

Serves 30 tastes in the classroom or 6 at home.

*Fresh from the garden: parsley, mint, basil*

Recipe source: SAKGF recipe book and Mrs Neale’s recipe book

**Equipment:**
- Clean tea towel
- Chopping board
- Kitchen knife
- Large saucepan
- Wooden spoon
- Bowl

**Ingredients:**
- 2 large tomatoes
- 2 spring onions
- 1 garlic clove
- ½ teaspoon sugar
- 3 tablespoons extra virgin olive oil
- 1 or 2 sprigs of basil
- Salt and freshly ground black pepper to taste
- 3 mint leaves

**Method:**

- Dampen the tea towel and place it under the chopping board to keep it from sliding
- Wash the tomatoes and dry them on paper towel
- Roughly dice the tomatoes and slice the spring onions
- Mince the garlic, adding a pinch of salt to help the knifework and to stop the garlic becoming bitter
- Finely chop the basil and mint leaves
- Fry the spring onions and garlic in oil in the large pot for a few minutes then add the tomatoes, sugar, herbs and salt and pepper to taste
- Cook for 10 minutes at least, and up to ½ an hour or longer if you have time. Less cooking results in fresher flavour, while longer cooking results in deeper, more intense flavour

**Note:** This simple sauce makes the most of the classic combination of basil and tomato and can be changed by adding chilli, or marjoram. It can be used on pasta, pizza or as a base for casseroles or stews. It can be preserved to use later,