

Fresh Tomato Basil Sauce



1.5-2lbs ripe plum tomatoes
2-3 garlic cloves
4 tbsp extra-virgin olive oil (EVOO)
1/4 cup chopped fresh basil
Sea salt and black pepper

Peel and remove seeds from the tomatoes. To do this, bring a large pot of water to a boil and prepare an ice water bath. Cut a small "x" on the bottom of each tomato. In batches, place the tomatoes in the boiling water and blanch them for about 30 seconds to 1 minute, or until the skins are easy to peel away. Remove and immediately plunge into the ice bath. Peel the tomatoes and halve horizontally. Squeeze out the seeds, using your fingers to get them all.

Strain the seeds away from the juice, but keep the juice. In a food processor, combine the garlic, tomatoes with juice, four tablespoons EVOO and basil. Do not blend on high, pulse so you get nice big chunks, unless you want a smoother sauce. Transfer to a bowl, add salt and pepper and marinate for about 30 minutes or even better, overnight to let the flavors really come out.

Cook a pasta of your choice, drain and toss while it's still hot with the tomato sauce. Drizzle with a little more EVOO and garnish with some fresh basil. If you want your pasta hotter, heat the sauce on low in a pot on your stovetop so you don't destroy the enzymes.

Serves 4-6.

****a Holistic Recipe from Joy McCarthy at That's Fit**