



Fra Diavolo Sauce



Ingredients:

- ¼ cup olive oil
- 1 onion, diced
- 2 tsp red chili flakes Use less for a milder sauce
- ¼ tsp salt
- 4 garlic cloves, diced
- 2 pounds fresh tomatoes (diced) or 28oz can diced or crushed tomatoes
- 1 cup water
- 1 tsp dried oregano

Method:

1. Add the oil, onions, chili flakes, and salt to a large, shallow pan. (Use a 12" pan or larger, see recipe notes.)
2. Cook the onions over medium heat until they begin to brown (~5 min). Add the garlic and cook 1 more minute, or until the garlic is fragrant.
3. Add the tomatoes, water, and oregano to the pan. Increase the heat to medium-high and bring to a simmer.
4. Simmer the tomatoes for 20-25 minutes, or until most of the water has evaporated and the sauce has thickened.
5. Taste the sauce and add more chili flakes, salt, or oregano if desired. Simmer 1-2 more minutes if you added more seasoning.
6. Serve immediately along with fresh pasta or with seafood, refrigerate and use within 4-6 days, or freeze and use within a year.
7. Stir shrimp, scallops, mussels, and parsley into tomato mixture. Cook until sauce begins to bubble and mussels open, about 7 minutes. Pour sauce over linguine and serve.

Smoother Sauce with Fresh Tomatoes: Canned tomatoes are peeled, and will yield a smoother sauce with less texture. If you are using fresh tomatoes and want an extra-smooth marinara, you have two options:

1. Peel the tomatoes first. Use a knife to mark an X on each tomato, and then blanch them in boiling water until the tomato peel loosens (~15-30 seconds). Peel, and then proceed with the recipe. Crush tomatoes with your hands instead of dicing.
2. Blend the sauce. After cooking, add the sauce to a blender or use an immersion blender to blend the peels into the sauce.
3. Varieties of tomatoes: For the thickest sauce, use San Marzano tomatoes (or other varieties of Roma tomatoes). However, this recipe works well with juicy tomatoes also.