

# SPAGHETTI & TOMATO SAUCE

Cookery Principle: Pasta cookery

## Ingredients:

110 g spaghetti  
2 ml salt  
10 ml oil  
1 stalk celery  
30 ml onion  
30 ml green pepper  
10 ml oil  
125 ml tomato sauce  
100 ml diced tomatoes  
2 ml oregano  
1 ml basil  
f.g. pepper  
f.g. garlic powder  
f.g. salt  
10 ml parmesan

## Equipment:

large saucepan  
small measures  
liquid measure  
cutting board  
French or paring knife  
tongs  
colander  
fry pan  
wooden spoon



## Method:

1. In large saucepan, bring 2 litres of water to a boil. Stir in 2 ml salt, 10 ml oil, and then the spaghetti. Set the timer for 7 minutes. Push rods down as they soften. Cook pasta until al denté. Drain in colander.
2. Dice onion, celery and green pepper.
3. Heat 10 ml oil over medium heat in fry pan. Add vegetables and cook until soft, not brown.
4. Add tomato sauce, spices, and diced tomato. Simmer for 5 minutes.
5. Serve sauce over pasta. Sprinkle with parmesan cheese.

Food Groups:

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Tablesetting:



Product Standards:

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Lab Duties:

DW \_\_\_\_\_  
DD \_\_\_\_\_  
HK \_\_\_\_\_  
SD \_\_\_\_\_