

Pasta mit Tomatensauce (Sugo) Italien

Ingredients for the tomato sauce (Sugo):
(For 3-4 people)

1 kg / 35.3 oz fresh tomatoes or 1 kg / 35.3 oz canned tomatoes e.g. San Marzano
2 red onions
3 cloves of garlic
1 pinch of chili flakes
1 tbsp. sugar
2 tbsp. tomato paste
3-4 tbsp. olive oil
2 basil sprigs
1 sprig of rosemary
2 thyme sprigs
red or white wine
salt and black pepper from the mill

Finely chop the onions and garlic. Cut the tomatoes with peel, seeds and fruit water in pieces.

You can also remove the skin from the tomatoes beforehand. To do this, cut them crosswise, blanch in boiling water for a few minutes, cool in ice water and then peel them. And in winter the Sugo also works perfectly with San Marzano canned tomatoes or you mix it like I did today

In a large pot, heat the olive oil. Then over medium heat, sauté the onion and garlic. After a few minutes add the sugar and a good pinch of salt.
Now add the tomato paste and the diced fresh tomatoes (or canned tomatoes). Also add a good pinch of salt, pepper and chili flakes as well as 2 basil sprigs and the finely chopped leaves or needles of thyme and rosemary.

The tomato sauce may now simmer for about 3-4 hours at low heat. To do this, place a lid slightly open on the pot so that some liquid can escape. In the meantime, keep stirring and add a little red or white wine if necessary.

After the cooking time, season the tomato sauce with salt, pepper and your best olive oil.

Now you can add freshly chopped herbs.

Ingredients for the noodles:

500 g / 17.6 oz Semola (Italian durum wheat semolina)

1 tablespoon olive oil

170-190 ml / 0.8 cup water

1 tbsp. salt

Knead all ingredients. Please do not add all the water right away.

The dough should be smooth and show no holes when cut. Let the dough rest in cling wrap in a cool place for about 30 min.

Put the pasta dough into the pasta press in balls the size of a walnut. Cut off each after 3-4 cm (1.1" – 1.6") in length and place on a tray covered with semolina.

The pasta must be cooked *al dente* (depending on thickness and variety) for about 1-3 minutes in a pot of boiling salted water.