

Recipe – Clam Sauce

Ingredients

4 cloves garlic coarsely chopped or crushed
1 lg onion coarsely chopped
1 med carrot, coarsely chopped
½ green pepper (optional) coarsely chopped
1 lg can tomatoes, whole or chopped
1 med can tomato sauce (or substitute 1 lg jar spaghetti sauce)
1 can tomato paste
Olive oil
White wine
Salt, pepper, dried basil, oregano, sage, thyme, cayenne pepper (optional)

Step 1: Blend canned tomatoes, tomato paste in blender or food processor, and set aside.

Step 2: In large frying pan cook chopped onion, garlic, carrots and (optional green pepper) in olive oil till soft, adding juice from canned clams, white wine (start with about ¼ cup) and flour to thicken (start with a few tablespoons).

Step 3: When chopped vegetables are soft, and liquid is creamy texture, transfer contents of pan to blender or food processor and blend until no large chunks remain (no need to completely purify), then return to pan.

Add desired spices either before or after blender step.

Add blended tomatoes and tomato paste (from Step 1) plus any canned tomato sauce and/or jar of spaghetti sauce not included in Step 1.

Add clams.

Cook slowly, stirring often, being careful not to burn on bottom of pan. Adjust thickness with flour or white wine as you go. Serve over cooked pasta of choice.