

Basic Tomato Sauce

2 servings - 80 g pasta per person

- 400 g canned whole or crushed tomatoes
- 20 g olive oil
- 10 g butter
- 15–20 g garlic (thinly sliced)
- 1 g dried oregano
- 1 g dried basil or 2–3 fresh leaves
- Pinch red pepper flakes
- 1 tube (1T) Kagome tomato paste
- 0.5–1.0 g salt + MSG blend
- Pinch sugar (only if tomatoes are acidic)



Pasta & Water

- 160 g dry pasta (80 g per person)
- 1.6–2.0 L water (based on this pot: 24 cm diameter, 10 cm usable depth)
- 11–14 g salt (0.7% salinity)

Instructions

1. Bring **1.6–2.0 L salted water** to a boil.
2. Make garlic-herb oil: heat **olive oil + butter**, cook **garlic** until pale gold, bloom herbs.
3. Add **tomato paste** and cook 1 minute.
4. Add **tomatoes**; break them up.
5. **Simmer 12–20 minutes** uncovered until reduced 25–35%.
6. Cook pasta to **2 minutes before al dente**.
7. Transfer pasta to sauce; add **40–70 ml pasta water**. Stir 1–2 minutes to emulsify.
8. Adjust seasoning; add **5 g butter** for gloss.

Notes – Add-Ins

Shrimp

- 120–160 g; sear briefly; add at final 1 minute.

Chicken

- 100–140 g; sear lightly; simmer in sauce 4–5 minutes.

Sausage

- 60–80 g; brown first; add after reduction.

White Beans

- 80–100 g; add last 5 minutes of reduction.

Mushrooms

- 80–120 g; sauté separately; add before reduction.

Spinach/Greens

- 40–60 g; stir in last minute.

Tuna

- 40–60 g; fold in off heat.

Doubling

- 800 g tomatoes, 40 g olive oil, 20 g butter, 2 g oregano, 2 g basil, 10 g tomato paste.

Tripling

- 1,200 g tomatoes, 60 g olive oil, 30 g butter, 3 g oregano, 3 g basil, 15 g tomato paste.

Nutrition (Sauce Only, Total Batch for 2)

Kcal 350 | Protein 7 g | Fat 24 g | Sat Fat 6 g | Carbs 32 g | Sugars 22 g | Fiber 6 g | Sodium 390 mg | Omega-3 0 g

Nutrition (Per Serving)

Kcal 175 | Protein 4 g | Fat 12 g | Sat Fat 3 g | Carbs 16 g | Sugars 11 g | Fiber 3 g | Sodium 195 mg | Omega-3 0 g