

Al's HOT HOT HOT tomato sauce

FOR 6 SAMOSAS

Equipment

Tablespoon
Grater
Mixing bowl
Sharp knife
Chopping board
Garlic crusher

Ingredients

4 ripe tomatoes
1 red or green chilli
1 garlic clove
3 tbsp coriander leaves
Pinch of salt and pepper
Pinch of sugar

Assemble all the ingredients and equipment you will need to make **AL'S HOT HOT HOT TOMATO SAUCE**. Do you recognise all the ingredients and equipment? If not, ask an adult to explain them to you. Make sure you wash your hands and wear a clean apron.

METHOD

1. Coarsely grate the tomatoes into a bowl. You will find that you will be left with most of the skin from the tomatoes which you can discard.
 2. Deseed the chilli by slicing it lengthways and scraping out the seeds. Discard the seeds and the stalk of the chilli. Finely chop the chilli and add to the tomatoes. Do not touch your eyes when you prepare the chilli and make sure you wash your hands straight after.
 3. Peel and crush the garlic and add to the bowl. If you don't have a garlic crusher you can finely grate it instead.
 4. Finely chop the coriander and add to the bowl along with the salt, pepper and sugar.
 5. Mix everything together well. This sauce is best made the day before. Once you have made it, it will keep in the fridge for 2-3 days.
- Everyone should help with the clearing up and tidying away. This part is just as important as the cooking and can be as much fun!
 - Never serve piping hot food straight from the oven or grill. Always allow it to cool slightly first.

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