Jeff’s Luscious Marinara Sauce

 

Ingredients:

One 15-ounce can San Marzano tomatoes, crushed by hand with the juice

3 tablespoons lemon juice

A few cloves finally minced fresh garlic

A few leaves fresh basil, julienned

1 tablespoon dried oregano

A handful of pimento – stuffed Spanish olives, chopped

1 teaspoon red-wine vinegar

1 teaspoon salt

½ teaspoon crushed red pepper flakes

1” long Parmesan cheese rind

1 - 2 anchovy fillets

½ a small onion, or a large shallot, finally minced

¼ cup dry red wine (can also use a dry white wine, or vermouth)

3 teaspoons fish sauce (an ancient Roman staple for millennia -  found these days at Italian and Asian food markets)

Fresh, chopped parsley, to taste

¼ cup vegetable or chicken stock/bouillon

2 - 3 tablespoons olive oil

1 bay leaf

Sliced mushrooms, to taste (optional – makes it hearty and chunky)

Preparation:

Fry the onion, red pepper flakes and anchovies in the olive oil over medium heat in a saucepan until the onions are translucent and the anchovies are disintegrated. Add all the other ingredients and simmer/reduce for at least one hour in the pot, partially covered.

Remove the cheese rind and bay leaf before serving over pasta or polenta.