

Sandy Geroux's Family's Spaghetti Sauce

(or "Gravy" as many Italians call it)

Ingredients:

10-15 Italian sausage links (mild, sweet or hot)
One package of recipe-ready sausage (without the casings)
NOTE: you can also add meatballs or pork chops (loin, NOT center cut), but the basic recipe starts with sausage



FOUR 28-oz. cans or ONE 106-oz can of Italian whole, peeled tomatoes (preferably from the San Marzano region of Italy; my favorites are Nina and Cento)

2 Tbsp dried parsley
1 tsp dried oregano
1 Tbsp dried basil
1 Tbsp pepper
1 Tsp garlic salt

Preparation and Directions:

Use a food mill to grind the tomatoes and extract the seeds. Never put the tomatoes into the pot as is, since leaving the seeds in makes your sauce bitter. Also, do not add tomato paste!

Brown the meat in the same pot in which you will cook the sauce. Brown the meat slowly and carefully so it doesn't stick to the pan and fall apart. If you're making meatballs AND sausage or pork chops, you can cook the meatballs in a separate pan, brown the sausage or chops in the spaghetti sauce pot, and then add the meatballs, and SOME of the drippings, to the pot once the pork is browned.

Add the tomatoes to the meat; add all the spices and stir to mix them into the sauce.

Bring the sauce to a boil. Reduce heat to medium-low and rest pot lid at an angle on top of the top to allow the steam to escape. This allows the sauce to thicken properly.

Cook for at least 2-3 hours, stirring occasionally. The sauce will cook down and thicken. If you want a REALLY thick sauce, cook it the day before and refrigerate it. It will thicken up even more overnight.

Do not add any more salt until the end. Depending on the meat you use (both the type and the brand), there may be enough salt without adding more. After cooking for at least 2 hours, taste it and add regular salt or garlic salt – as needed at that time.

This makes a BIG pot of sauce, which can be frozen for later use if you have too much for one meal.

Pasta:

Choose the pasta you like best, add a little salt to the pasta water, bring it to a boil and cook the pasta only until al dente (cooked through, but still with a slightly stiff feel – not mushy); serve immediately with grated parmesan or romano cheese. Enjoy!