



## Spanish-style "sofrito"

Here's the recipe (from a top Madrid chef) - you can use whatever veg you favor - as I see it, tomato, leek & onion are the base, then add what you like. Some use garlic, green or red pepper, shallots - I avoid the pepper as it seems to "take over", masking the other ingredients, but that's me... No spices needed, add the appropriate ones when using, depending on the dish. **The chef says the secret is a long slow cook in a covered pan.** Seems to work.

It comes in handy as a veggie flavor booster for all sorts of dishes: soups, beans, chili, pasta sauce, stews, curries, and of course paella. Add oil & vinegar or lemon juice and you have an interesting salad dressing (also mustard, Tabasco, yogurt or mayonaise).

Making a big batch of sofrito. Had some tomatoes getting too ripe, so it was use or else:

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3 large-ish ripe tomatoes

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1 large onion

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2 stalks of celery

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1 medium carrot

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6" or so of leek (part green, part white)

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olive oil, salt.

Veg finely diced, cook with a goodly splash of olive oil (3-4 tbsp) and a bit of salt in a covered pan, once it starts to bubble go to a low simmer and cook (covered) for 90 minutes (or more). Freeze in small jars. This batch was simmering away for about 2 hours. Made for about 5/6 jelly jars worth of a super tasty sofrito.



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