

Paul Greenberg

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*The Future of the Last Wild Food*



*I-Can't-Believe-There's-Fish-in-There*

# Spaghetti Sauce

## Grocery List:

*1/2 ounce can anchovies  
(oil from the can will be used  
for cooking so don't discard).*

*Olive oil*

*2 cloves garlic, minced*

*1 carrot, peeled and grated fine*

*1/4 cup dry white wine*

*1 28 ounce can whole plum  
tomatoes.*

*pepper and salt to taste*

## Preparation:

- 1. Drain olive oil from the sardine can into the pan:  
Add another 2 tbsp of olive oil. Add garlic and sauté  
over low heat for about a minute.*
- 2. Add the grated carrot and sauté for another minute.*
- 3. Roughly chop sardines and add to pan. Mash and  
stir until the anchovies dissolve into the oil.*
- 4. Turn up flame to medium and add wine. Stir briefly  
and let wine bubble away (about a minute).*
- 5. Drain juice from tomatoes into saucepan and stir.  
Roughly chop tomatoes and add to pan.*
- 6. Cover the dish with foil and place on top  
of a sheet pan to catch the cream that might  
bubble over.*
- 7. Cook on low heat for 30-40 minutes.*
- 8. Purée the sauce in a food processor until smooth  
after it has cooled.*
- 9. Toss with 1 to 1.5 lbs. of pasta.*

*Be healthy. Be safe. Be smart.*

*Share this kid-friendly recipe to support  
healthy families and a healthy ocean.*

