

MARIO'S MARINARA – WHAT A MOTHER OF A SAUCE

Simple and Fresh - That's it! Growing up watching and sneaking taste tests of my Mamma and Nonna's sauce, the one thing they had in common was they were both made with all fresh ingredients from the garden. When I was fortunate enough to get hired on the Fire Department I was exposed to many different food varieties from each of the guys ethnic backgrounds and cultures.

Then the day came that broke my heart, one of the "*Amereegans*" was making lasagna with a canned pasta sauce. In the fire service, you know your place in the pecking order but as the rookie I couldn't sit back and watch what I was going to be forced to eat, so I took over the dish and made a simple Marinara - and the rest was history as they say. Now the guys are able to use this Marinara for the base of many of their cultural dishes and many other Italian dishes, soups and sauces.

Over the years on the job, we've seen an increase of heart disease as a leading cause of firefighter fatalities so I went back to the kitchen with a low sodium approach and started using onions and carrots to add sweetness to the best San Marzano tomatoes I could find.

After cooking for several charitable pasta dinners that benefitted my community, I was always asked by attendees to sell them sauce to take home. It was after their constant urging that I decided to jar my Marinara Sauce.

The firehouse is rich in history when it comes to cooking and feeding our troops and throughout the years great firehouse chefs have handed down their recipes from the old-timers to the rookies. Our plan is to fill our brand with only the best recipes the firehouse has to offer so you can feed your troops a quality meal when you don't have the time to prepare a dish from scratch.

Like any recipe, make it your own - if you want something that is simple, fresh and delicious then Mario's Marinara is the perfect start.

Who Loves Ya Baby...

Mario Manfredini

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