



**Joseph Gaeta**  
Omaha, NE

**Semi-Finalist**



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**met**  
Television  
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PBS station

# Alie Gaeta's Italian Spaghetti Sauce

**Recipe Number:** 96

**Prep time:** 15 minutes

**Cook time:** 90 minutes



**INGREDIENTS:** 6 qt. water  
18 oz. tomato paste (4 Cans)  
28 oz. crushed tomatoes  
1 med. diced onion  
2 bay leaves  
3 cloves fresh garlic, minced  
1/4 c. vegetable oil  
1/4 c. sugar  
salt and pepper to taste

**DIRECTIONS:** On stovetop, over medium heat, combine onion, garlic, bay leaves and vegetable oil in an 8 quart sauce pan until onions are transparent. Stir mixture constantly so not to burn. Add water, tomato paste, crushed tomatoes and stir until well blended. Add remaining ingredients (sugar, salt and pepper). Adjust heat to boiling, stirring constantly for 5 minutes. Simmer until reduced (approximately one hour). Continue cooking over low heat until desired thickness is achieved. Yield: approximately 6 quarts.

**STORY:** *Hi, my name is Joseph Gaeta. I have been in the food business for over 50 years. Many things have changed over these years but one thing remains constant; quality and consistency.*

*We had a very good tasting spaghetti sauce as well as a good Italian dressing, however, the consistency varied from time to time. We needed to have someone experiment and come up with a more consistent product. My youngest son Alan, our apprentice chef, thus became our R & D man.*

*Alan worked with Larry Albert of Albert's Dressing Company along with the University of Nebraska Food Program for many months. After experimenting with the existing recipes Alan noticed that it was the inconsistency of spices that was the culprit. As a result, he kept blending various formulas and finally came up with the perfect blend of Italian spices and flavors in these recipes. At first he blended and packaged the spices himself and later contracted a commercial spice company to make up the packages.*

*Over the years we have had these two products in various supermarkets such as WalMart, HyVee and Bakers. We also sold them to our restaurant patrons. Our restaurant is now closed and we no longer have these two wonderful products available. Many of our customers are still calling us to see if they can buy the sauce and salad dressing.*

*Alan passed away in late May with cancer. I know that he would be very happy to share his recipes with all of Nebraska and especially the Omaha people who enjoyed them. Alan would be very proud to have his recipes included in the Nebraska Recipe Book.*

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