



TOMATO HISTORY


THE HISTORY OF MARINARA




Marinara sauce originated in southern Italy, with both Naples and Sicily being cited as its possible birthplace.




"Marinara" comes from "Marinai," the Italian word for sailors. The theory is the dish traveled well and quickly became popular among sailors.



1692 - The first recipe for marinara sauce is referenced in an Italian cookbook



1790 - The first recipe for pasta with marinara is written in L'Apicio Moderno, a cookbook by Roman chef Francesco Leonardi.



Today - A classic marinara consists of tomatoes, olive oil, garlic, dried chiles, and dried oregano or fresh basil

Dei Fratelli



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