

Tomatoes

HOW TO CHOOSE AND STORE

Tomatoes come in many shapes, sizes and colors. Choose tomatoes that are full and heavy for their size, without bruises or damage. The outside should feel firm but not hard, and the blossom end should have a rich tomato aroma. Store in the dark, (and not in the fridge,) with the stem side down. For longer storage, tomatoes can be dehydrated or canned, but it's easiest to freeze them. Just place them in the freezer in a bag with the air squeezed out. Once thawed, the skins come off easily and the tomatoes can be used in a variety of cooked dishes.



HOW TO USE AND EAT

Tomatoes can be eaten raw — especially smaller varieties, which are easy to pop in your mouth. Larger tomatoes can also be sliced and eaten raw, and a dash of salt and pepper can make them especially tasty. Additionally, there are numerous sandwiches, salads, pasta sauces, omelettes, and other recipes that tomatoes feature in. Their distinctive flavor is well-liked.

PICO DE GALLO SALSA

- 3-4 medium tomatoes
- ½ large onion (ideally, equal parts tomato and onion)
- 1 jalapeño pepper (optional)
- ½ cup chopped cilantro (optional)
- Lime juice from 1 lime
- Salt and pepper to taste

Dice tomatoes and onions and mix them in a large bowl. Seed and mince the jalapeño pepper if you'd like your salsa to have some heat. Otherwise, leave it out of the recipe. (Gloves are recommended when handling hot peppers, or make sure not to touch your eyes.) Add jalapeño and chopped cilantro to the bowl and mix. Stir in lime juice, salt, and pepper. Cover and refrigerate for a day before serving to let the flavors meld together.

BROILED TOMATOES

- A couple large, slightly firm tomatoes
- Olive oil
- 1 clove minced garlic
- Mozzarella cheese
- Fresh basil and parsley, if available
- Balsamic vinegar reduction (optional)

Slice tomatoes ¾" thick. Brush olive oil and garlic over each side of the tomatoes and place on a baking sheet. Place oven rack on top rack and preheat oven to broil at 500 F. Top tomatoes with cheese. Broil 2-3 minutes until cheese is browned and bubbly. Drizzle balsamic and sprinkle herbs on top. Enjoy!

HOMEMADE SUN-DRIED TOMATOES (ROASTED TOMATOES)

- Small tomatoes, such as a grape tomato or cherry tomato variety
- Olive oil (or a substitute cooking oil of your choice)
- Salt, and pepper if you want it

Preheat the oven to 250 F. Cut each tomato in half. Place parchment paper on a baking pan and arrange the tomatoes cut side up in a single layer. Drizzle or brush the cut side with olive oil and sprinkle with salt. Roast in the oven until the tomatoes are shrivelled and brown around the edges. Time will depend on the size of the tomatoes, from 1-4 hours. Store roasted tomatoes in the fridge for a few days or freeze for longer storage. Can be used on pizza, or in soups, salads, or pasta, or in any recipe that calls for sun-dried tomatoes.