

OUR FAMILY

Tomato Cookbook

Compiled by Annette Welsford

Tomato Recipes

from all over the world



Thankyou To Our Customers

*“This tomato recipe book was conceived by our customers. Tomato lovers all over the world have been buying our book **How to Grow Juicy Tasty Tomatoes** and having great success with growing bigger and healthier crops of tomatoes.*

We started receiving emails and letters containing recipes and asking if we had any to share. Our customers had grown such lovely big crops they wanted more ideas on what to do with all these tomatoes!

*And so **Our Family Tomato Cookbook** was born.*

The recipes are an eclectic mix of culinary ideas from all over the world. They have nearly all been donated by customers, friends and family and some of them have been handed down for generations.

I hope you find that this collection brings you several new ways to serve and enjoy one of nature’s tastiest inventions - the tomato.”



Annette Welsford
Editor of **Our Family Tomato Cookbok**
Co-Author of **How to Grow Juicy Tasty Tomatoes**
www.bestjuicytomatoes.com



Measures

All measures are in metric, with US imperial conversions provided alongside.

Published by

Commonsense Marketing Pty Ltd
Anakie Dr, Cornubia, Qld, 4130 Australia
info@bestjuicytomatoes.com

Copyright

Commonsense Marketing Pty Ltd, 2010

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means electronic, mechanical, photocopying, recording, scanning or otherwise, without prior written permission of the Publisher.

ISBN: 978-0-646-52960-8

CONTENTS

| | |
|--------------------------------|---|
| Wonderful Health Effects | 3 |
| Preparation | 4 |

SALADS AND SIDES..... 5

| | |
|--------------------------------------|----|
| Christmas Tomato Salad..... | 5 |
| Traditional Greek Salad | 6 |
| Shrimp Cobb Salad | 7 |
| Shrimp, Pasta and Tomato Salad | 8 |
| Spiced Aubergine Salad..... | 9 |
| Shirazi Salad | 10 |
| Stewed Tomatoes..... | 11 |
| Tomato au Gratin | 12 |
| Tomato & Zucchini Pie | 13 |

SOUPS..... 14

| | |
|---------------------------------|----|
| Old Fashioned Tomato Soup | 14 |
| Gaspacho | 15 |
| Garnished Gazpacho | 16 |
| Sunny Tomato Soup | 17 |

SNACKS..... 18

| | |
|------------------------------------|----|
| Tomato Cream Toast | 18 |
| Fried Green Tomatoes..... | 19 |
| Tomato, Onion and Peach Salsa..... | 20 |
| Chris’s Special Salsa..... | 21 |
| Welsh Rarebit..... | 22 |
| Cheese Filled Tomatoes | 23 |
| Tomatoes à l’Algerienne..... | 24 |

| | |
|---------------------------|----|
| Savoury Custard Tart..... | 25 |
| Keith’s Tomato Pie..... | 26 |
| Vegan Pizza..... | 26 |
| Baked Tomato Pie..... | 27 |

PASTA AND RICE..... 28

| | |
|------------------------------|----|
| Willi’s Pasta Sauce..... | 28 |
| Quick Pasta Sauce | 29 |
| Tomato Rice Casserole | 30 |
| JC’s Base Tomato Sauce | 31 |

PRESERVES..... 32

| | |
|------------------------------------|----|
| Grandma Childs’ Tomato Sauce | 32 |
| Vicki’s Tomato Sauce..... | 33 |
| Granny’s Tomato Sauce..... | 34 |
| Australian Tomato Chutney | 35 |
| African Tomato Chutney | 36 |
| Kiwi Tomato Chutney | 37 |
| Jan’s Tomato Quetta | 38 |
| Tomato and Onion Jam | 39 |
| Ross’s Tomato Jam | 40 |
| Julie’s Green Tomato Pickle..... | 41 |
| John’s Tomato Relish..... | 42 |
| Julie’s Red Tomato Relish | 43 |
| Semi-Dried Tomatoes | 44 |
| Sun Dried Tomatoes..... | 45 |
| Tomatoes in Olive Oil | 46 |

OUR FAMILY RECIPES..... 47

Wonderful Health Effects

Tomatoes are a good source of vitamin C and potassium. They also pack plenty of the phytochemicals that provide disease prevention benefits.

They are high in lycopene (a powerful antioxidant) and phenolic compounds. In our diet, 95% of lycopene intake comes from tomatoes and tomato products. It is also found in watermelon, pink grapefruit, papaya and rosehip.

Can Reduce Cancer: Lycopene is the carotenoid that makes tomatoes red. It appears that lycopene can reduce the risk of certain cancers, the eye disorder age-related macular degeneration, atherosclerosis and sun damage to the skin.

Men who eat two or more servings of tomato products average a 35 percent reduction in prostate cancer risk. Japanese scientists found that mixing tomato juice into the drinking water of mice completely prevented them suffering emphysema triggered by tobacco smoke.

Lycopene helps women guard against cervical intra-epithelial neoplasia, (CIN), tumorous tissue growth in the cervix according to research from the University of Illinois in Chicago. Lycopene is a powerful inhibitor of the growth of breast, endometrium (uterus lining) and lung cancer cells.

Tomato products are beneficial in aggressive cancers that have also spread to other parts of the body.

Absorption: Lycopene is better absorbed by the body when it is cooked with some oil. The cooking helps to break down the cell walls of the tomato releasing the lycopene and the oil helps increase its absorption. Some people have allergic reactions to tomatoes, however studies have found that they can tolerate them when they are cooked with a little oil.

Healthy Eyes and Arteries: Tomatoes also contain Lutein. Lutein is found in the retina of our eyes so it is needed for healthy vision. Lutein also appears to lower the risk of cataracts and macular degeneration. Lutein may also help to prevent or slow down the thickening of arteries that is called atherosclerosis - a major risk for cardiovascular disease.

Preparation

Peeling Tomatoes

Many recipes call for skinned tomatoes. Here's the easiest way to do it.

Using a small sharp knife, cut out the green stick end, then make a cross in the skin on the base of the tomato. Place in a bowl and add boiling water to cover. Leave for 60 seconds, drain and cool slightly.

Gently pull away the loosened skin from the tomato. There may be a few little tough bits left that you will need to slice off with your knife.



Seeding Tomatoes

Using just the flesh of the tomato gives a meatier texture to some dishes. You can use either of the following two methods to seed them.

1. Halve the tomatoes, squeeze out the seeds or scoop them out with a teaspoon.
2. Cut the tomatoes into quarters. Slide a knife along the inner flesh, scooping out all the seeds.



Concassing Tomatoes

To add the final touch to the perfect sauce or soup, concass the flesh after peeling and seeding. Using a sharp knife, chop the flesh into neat 5mm ($\frac{1}{4}$ inch) squares.



Varieties

Please refer to the varieties database in **How to Grow Juicy Tasty Tomatoes**. Some tomatoes are better for stuffing, drying and sauces than others.

SALADS AND SIDES

Christmas Tomato Salad

From Linda and Ian Herbison, Perth, Australia

"This has to be the simplest but most delicious tomato salad for summer and looks wonderful on the Christmas table. The red, yellow and green looks spectacular and is the most popular dish!"

Ingredients

- **fresh ripe red tomatoes (heirlooms have the best flavour)**
- **fresh ripe yellow tomatoes (and green if you wish)**
- **bunch fresh basil**
- **2 tblspns quality olive oil**
- **sprinkle of balsamic vinegar**
- **freshly ground pepper and rock salt**

Instructions

Take equal quantities of red and yellow tomatoes, slice and arrange alternately on a platter.

Sprinkle with roughly torn basil then dress with good olive oil (and a little balsamic vinegar if desired).

Finish with seasoning.

For a nice variation - place shavings of your favourite cheese between tomato slices. Bocconcini is good as the subtle flavour does not overpower the fresh flavour of the tomatoes.



Traditional Greek Salad

From Katrina Kyredis, Melbourne, Australia.

“The traditional Greek salad is served with just about every Greek dish. The combination of the sweet and salty flavours really bring your taste buds alive.”

Ingredients

- **4 sliced or cubed ripe tomatoes**
- **½ cucumber (chopped)**
- **55gm (2 oz.) quality feta cheese**
- **juice of 1 lemon**
- **¼ cup olive oil**
- **salt, pepper**
- **kalamata olives**
- **sliced purple or red onion**

Instructions

Place sliced tomatoes and cucumber in a serving dish. Sprinkle with crumbled or sliced feta cheese, lemon juice, and olive oil. Season with salt and pepper.

Garnish with olives and onion slices. You can also add lettuce or baby spinach leaves.



Shrimp Cobb Salad

From Christina Chin-Parker, San Diego, CA, USA
“Test your creativity with presenting this tasty salad.”

Ingredients

- **1 diced avocado**
- **1 punnet cherry tomatoes**
- **1/4 kg (½ lb) cooked prawns (shrimp)**
- **handful of loosely torn baby spinach**
- **100-200 gm (4-8 oz) of crumbled cheese of choice (feta, cottage)**

Instructions

For the salad:

Assemble diced avocados, cherry tomatoes, cooked prawns (shrimp), baby spinach, crumbled cheese of choice (such as feta or cottage cheese).

For the vinaigrette:

Whisk all ingredients in a small bowl and drizzle over salad. Top with fried or grilled bacon bits if desired.

For the dressing

- **1½ tblspns honey mustard**
- **juice of 1 lemon**
- **5 tblspns good olive oil**
- **¾ tspn sea salt**
- **½ tspn freshly ground black pepper**



Shrimp, Pasta and Tomato Salad

From Christina Chin-Parker, San Diego, CA, USA

“It is the fresh ingredients that makes this simple dish so good. For a vegetarian version, just omit the shrimp (prawns).”

Ingredients

- **35gm (13 oz) penne pasta**
- **2 tblspns olive oil,**
- **½ kg (1 lb) small cooked shrimp (prawns)**
- **1 tblspn white wine**
- **100gm (3½ oz) bocconcini, thinly sliced**
- **120gm (4 oz) cherry tomatoes, halved**

For the dressing

- **1 cup olive oil**
- **1½ tblspn toasted pine nuts**
- **1 clove garlic**
- **2 tblspns roughly chopped fresh basil**
- **1 tblspn freshly grated parmesan cheese**

Instructions

Cook pasta in a large pan of rapidly boiling salted water until al dente. Drain well, return to pan and toss with 1 tablespoon olive oil. Let it cool.

Peel and clean the shrimp. Heat a medium skillet, add in remaining olive oil. Add the shrimp and wine. Cook the shrimp for about 2-3 minutes until it turns opaque. Place the pasta, shrimp, bocconcini and tomatoes in a large serving bowl and pour over the dressing. Toss together well and garnish with basil leaves to serve.

For the pesto dressing, process all the ingredients together in a food processor until smooth.



Spiced Aubergine Salad

From Christina Chin-Parker, San Diego, CA, USA

“Delicate flavours of aubergine, cherry tomatoes and cucumbers are lightly spiced with cumin and coriander in this salad.”

Ingredients

- **2 small or medium aubergines (eggplants/brinjals), sliced**
- **1 clove garlic, crushed**
- **1 tblspn lemon fresh juice**
- **½ cucumber, thinly sliced**
- **8-10 cherry tomatoes, halved**
- **crumbled goat cheese (or feta cheese)**
- **chopped fresh flat parsley**
- **5 tblspns EVOO (extra virgin olive oil)**
- **¼ cup red wine vinegar**
- **½ tspn ground cumin**
- **½ tspn ground coriander**
- **salt and pepper to taste**

Instructions

Cook pasta in a large pan of rapidly boiling salted water until al dente. Drain well, return to pan and toss with 1 tablespoon olive oil. Let it cool.

Peel and clean the shrimp. Heat a medium skillet, add in remaining olive oil. Add the shrimp and wine. Cook the shrimp for about 2-3 minutes until it turns opaque. Place the pasta, shrimp, bocconcini and tomatoes in a large serving bowl and pour over the dressing. Toss together well and garnish with basil leaves to serve.

For the pesto dressing, process all the ingredients together in a food processor until smooth.



Shirazi Salad

From Ray Daisey, Delaware, USA.

“This delightful salad came from my stepson’s parents in Iran.”

Ingredients

- **3 large tomatoes**
- **2 large cucumbers**
- **1 bunch green onions**
- **2 tblspns olive oil**
- **¼ cup red wine vinegar**
- **2 tblspns mint**
- **salt and pepper**

Instructions

Dice the tomatoes and cucumbers into even sized small pieces. Finely slice the green onions. Combine in salad bowl and set aside until ready to serve. Before serving, combine olive oil, red wine vinegar and dried mint and mix thoroughly before adding to salad and tossing. Add salt and pepper to taste.



Stewed Tomatoes

From Don Hazelwood, Greenville, NC USA.

"My favorite homemade stewed tomatoes from the slow cooker."

Ingredients

- **6 to 8 ripe tomatoes**
- **2 tblspns margarine**
- **1 medium onion, thinly sliced**
- **¾ cup chopped celery**
- **½ cup chopped green pepper**
- **3 tblspns sugar (more or less)**
- **1 small bay leaf**
- **1 teaspoon salt**
- **¼ teaspoon pepper**

Instructions

Core tomatoes; place in boiling water for about 15 to 20 seconds, then into ice water to cool quickly; peel. Cut tomatoes in wedges. In Crock Pot, combine all ingredients. Cover and cook on low 8-9 hours. Remove bay leaf.

Sprinkle top with parsley if desired. Serve as a side dish or freeze in portions for soups or other recipes.



Tomato au Gratin

Adapted from a recipe by Barill (www.barillaus.com)

Ingredients

- **4 whole tomatoes on the vine**
- **1 cup bread crumbs, freshly grated**
- **¾ cup parmigiano cheese, freshly grated**
- **1 clove garlic, minced**
- **3 tbsps chopped fresh parsley and basil**
- **¼ cup extra virgin olive oil**
- **salt and freshly ground black pepper**

Instructions

Preheat oven to 180°C (350°F). Slice tomatoes in half. Scoop out seeds; place bottom side down on a baking sheet.

Combine bread crumbs, cheese, salt, pepper and parsley in a medium bowl. Add olive oil and mix well.

Spoon mixture into each tomato half and drizzle with additional olive oil. Bake for 30 minutes. Place under griller for an additional 1-2 minutes or until golden on top.

Garnish with sprigs of fresh basil.



Tomato Zucchini Pie

From Melvie King, Melbourne, Australia
"Ideal as an accompaniment to any main dish."

Ingredients

- **4 tomatoes**
- **1 stick celery (sliced small)**
- **2 onions (peeled)**
- **1 zucchini (courgette)**
- **bread crumbs**
- **salt & pepper**

Instructions

Put tomatoes in basin, pour boiling water over & remove skins (or leave skins on if desired).

Butter a pie dish; layer tomato, onion, celery, zucchini and bread crumbs, salt & pepper until dish is full.

Sprinkle bread crumbs & a few pieces of butter. Bake in a hot oven approx. 30 mins or until cooked & crumbs are brown.

Variation: Add cheese and other vegetables.



SOUPS

Old Fashioned Tomato Soup

From Vicki Gane, Ashburton, New Zealand.

“An old recipe, ideal for making a large batch and storing for later use.”

Ingredients

| | | | | |
|-----------------------------|----------------|------------------|-----------------|---------------|
| tomatoes | 7kg (16 lb) | 5.5kg (12 lb) | 3.5kg (8 lb) | 2kg (4 lb) |
| diced onions | 4 | 3 | 2 | 1 |
| cups of water (See Note) | 3 | 2 ¼ | 1 ½ | ¾ |
| cups of sugar | 1 | ¾ | ½ | ¼ |
| grnd pepper (tspns) | 2 | 1 ½ | 1 | ½ |

Thickening

| | | | | |
|------------------------------------|-----------------|-----------------|-----------------|-----------------|
| salt (tspns) | 4 | 3 | 2 | 1 |
| butter | 110gm (4 oz) | 85gm (3oz) | 55gm (2oz) | 30gm (1oz) |
| flour or cornflour (tblspns) | 8 | 6 | 4 | 2 |
| Makes approx | 9 ltrs 8 qts | 6 ltrs 6 qts | 4 ltrs 4 qts | 2 ltrs 2 qts |

Note: water not needed if tomatoes skinned in boiling water.

Instructions

Boil tomatoes, onions, water (if tomatoes not skinned), sugar, pepper and salt together slowly till well cooked. Leave lid on pot to reduce evaporation.

Let tomato mix cool, then put solids through mouli or use stick blender until smooth texture achieved.

Return soup to heat.

To Thicken: Melt butter and mix in flour or cornflour.

Add flour mix to soup and boil gently for 5 minutes, stirring all the time.

Fill heated jars nearly to the top. Fill to the brim with boiling water and seal.

When opened for use, thin with a little water or cream and heat with chopped parsley if desired.

Gaspacho

From Oswald Rivera, New York, USA

“A refreshing cold soup, whose origin is Andalusia in southern Spain. This recipe yields about 6 servings.”

Ingredients

- **3 medium cucumbers, peeled, seeded and diced**
- **5 ripe tomatoes, split in half, seeds squeezed out and coarsely chopped**
- **1 large green bell pepper, cored, seeded and coarsely chopped**
- **1 large onion, peeled and coarsely chopped**
- **1 clove garlic, peeled and crushed**
- **3/4 cup chicken broth or bouillon**
- **2 tblspns red wine vinegar**
- **1/2 tspn salt**
- **1/4 tspn cayenne pepper**
- **3 tblspns olive oil**

Instructions

Place all ingredients, except the olive oil, into the container of a food processor or blender. Process at high speed for 1 minute to puree vegetables.

Pour into a bowl and whisk in the olive oil.

Cover bowl tightly with foil or plastic wrap. Refrigerate for at least 2 hours before serving.



Garnished Gazpacho

From Annette Welsford, Brisbane, Qld, Australia

"This is actually a combination of several recipes for gazpacho."

Ingredients

- **750g (1½ lb) firm red ripe tomatoes**
- **10 cm (4 inch) piece of cucumber, peeled and chopped**
- **3 spring onions, peeled and chopped**
- **2 cloves garlic, crushed**
- **juice of 1 lime and 1 lemon**
- **2 drops Tabasco sauce (optional)**
- **½ large red or pepper, deseeded and chopped**
- **1 heaped tspn fresh chopped basil**
- **4 tblspns olive oil**
- **salt and freshly milled black pepper**

For the Garnish

- **½ large red or green pepper, deseeded and finely chopped**
- **10 cm (4 ") cucumber, peeled and chopped**
- **2 spring onions, finely chopped**
- **1 hard boiled egg, finely chopped**
- **1 heaped tbspn fresh chopped parsley**

Instructions

Plunge tomatoes into boiling water for 1 minute, then into cold water. Peel off the skins, halve the tomatoes, scoop out and discard the seeds and roughly chop the flesh. Blend tomatoes with remaining ingredients until the soup is absolutely smooth.

Taste to check the seasoning and pour the soup into a bowl. Stir in a little cold water to thin it slightly, cover with foil and chill thoroughly.

To make the garnish, combine all the ingredients together with salt and pepper. Spoon onto the soup, sprinkle with lightly fried bread croutons. Serve the soup with four ice cubes .

Sunny Tomato Soup

From Jean Paul Giret, Paris, France.

“This old family recipe has been updated with the addition of the sun-dried tomato puree for extra flavour.”

Ingredients

- **1.5kg (3.3lb) ripe tomatoes**
- **400ml (14fl oz) chicken or vegetable stock**
- **3 tbsps sun-dried tomato puree**
- **2-3 tbsps balsamic vinegar**
- **2-3 tspns sugar**
- **handful of fresh basil leaves**
- **ground black pepper**
- **sea salt**
- **2 slices of french bread stick per person**
- **½ cup grated cheese**
- **sour cream or creme fraiche**

Instructions

Plunge tomatoes into boiling water for 1 minute, then into cold water. Peel off the skins and cut tomatoes into quarters. Add to large pan and cover with stock. Bring to the boil, reduce the heat, cover and simmer gently for 10 minutes until tomatoes are mushy.

Stir in tomato puree, vinegar, sugar and most of the roughly chopped basil. Season with salt and pepper, then cook gently, stirring for two minutes. Process the soup in a blender or food processor, then return to pot and reheat gently.

Meanwhile top bread stick slices with grated cheese and toast under griller until cheese is bubbling.

Serve soup in bowls, topped with grilled bread slices and a spoonful of sour cream or creme fraiche. Garnish with remaining basil leaves.



SNACKS

Tomato Cream Toast

From Jan Smith, Byron Bay, NSW, Australia.

“A very old and indulgent recipe from the Country Women’s Association.”

Ingredients

- **hot buttered toast**
- **200gm (½lb) tomatoes**
- **½ cup cream**
- **1 egg**
- **salt and pepper to taste**

Instructions

Peel the tomatoes and chop roughly. Place in saucepan with salt and pepper. Cover the pan and cook slowly for 5 minutes.

Beat the egg and stir into the cream. Add this to the tomatoes. Pour over slices of toast and serve at once with a hot cup of tea and a good magazine!



Fried Green Tomatoes

Source unknown. Found in old box of recipes at garage sale.

Ingredients

- **1 egg, beaten**
- **1 cup buttermilk**
- **1 cup self-raising flour**
- **1/3 cup cornmeal (polenta)**
- **½ teaspoon salt**
- **½ teaspoon finely chopped oregano or basil**
- **good shake ground pepper**
- **6 to 8 green tomatoes, cut into 6mm (¼ inch) slices**
- **vegetable oil**

Tip: Don't crowd the frypan; keep the slices in a single layer with plenty of space in between. If too many are put in the pan, the oil temperature will be lowered and the food will absorb the grease rather than being seared by it, resulting in soggy tomatoes.

Instructions

Mix egg and buttermilk in a shallow dish. Mix flour, cornmeal and seasonings in a shallow dish. Working in batches, dip tomato slices into egg mixture, allowing excess to drip back into dish. Coat with flour mixture.

Fry in hot bacon drippings in a large heavy skillet until browned, turning once with tongs.

Transfer to a colander to drain. Makes 6 servings



Tomato, Onion and Peach Salsa

From John and Barbara Klumm, Port Sorell, Tas, Australia.

“We serve this delicious salsa to guests staying at our historic Bed and Breakfast (Tranquilles) on the coast of northern Tasmania.”

Ingredients

- **2 large ripe red tomatoes, finely diced**
- **2 yellow peaches, finely diced**
- **1 small red onion**
- **2 tblspns fresh basil, finely sliced**
- **2 tblspns coriander**
- **2 tblspns finely chopped mint**
- **½ tspn finely chopped chilli (no seeds)**
- **Sea salt and black pepper to taste**
- **3 tblspns fresh lime juice**
- **1 tblspn light brown sugar**

Instructions

Mix all ingredients in a large bowl and serve within 1 hour. Makes 2 cups.

Spoon into smaller serving bowls and serve with corn chips, dry biscuits or toasted pita bread for a delicious snack with happy hour drinks.



Chris's Special Salsa

From Christine Toomey, Brisbane, Australia.

"Not only does this recipe make a delicious salsa to serve with corn chips or as a side dish to meat or fish, but it can be used as a pizza base or to add zing to a bolognaise sauce. Very versatile!"

Ingredients

- **6 large tomatoes**
- **1 large onion**
- **2 tblspns chilli sauce**
- **2 tblspns tomato paste**
- **salt and pepper**
- **3 cloves garlic**
- **handful fresh basil**

Instructions

Immerse tomatoes in boiling water for two minutes. Remove skins and chop. Fry the chopped onions and garlic in a little oil in a saucepan, add tomatoes, paste, cracked pepper and salt. Bring to boil and reduce liquid until thickened. Chop basil and to mix at last minute.

Variation: add diced capsicum (bell pepper)

Tip: You can vary the recipe by using green or yellow tomatoes; adding fruit such as pineapple or peaches or apples; adding other vegetables such as capsicum corn or celery; and varying the spices. Keep tasting as you go till it hits the spot!



Welsh Rarebit

From Melvie King, Melbourne, Australia

Note from Annette: *“Melvie is my mum, and we grew up on these delicious snacks. It’s a really fun and easy recipe for kids to make too.”*

Ingredients

- **1 cup tasty cheese (grated)**
- **1 egg**
- **2 rashers bacon (chopped fine)**
- **1 tblspn Worcestershire sauce**
- **salt & pepper to taste**
- **sliced tomatoes**
- **several slices buttered bread**

Instructions

Mix first five ingredients together and spread on buttered bread. Place sliced tomatoes on top . Bake until golden brown. Add chopped parsley or chives if desired.

Cut into fingers and serve for a delicious snack.



Cheese Filled Tomatoes

From Linda Green, New York, USA.

"I used light whipped cream cheese which has about 70 calories per tablespoon and goat cheese which was also about 70 calories per tablespoon. I was able to roughly fit a tablespoon of the cheese mixture in each tomato, so this was quite low-cal."

Ingredients

- **1 part cream cheese**
- **2 parts goat cheese**
- **chopped basil (to your liking)**
- **a little pepper**
- **cherry tomatoes**

Instructions

Mix first four ingredients together well in bowl or food processor.

Cut tops of tomatoes and carefully scoop out inside with a small spoon (I use the end of a peeler).

Carefully spoon in cheese mixture until you run out of tomatoes or cheese.

I topped mine off with chopped yellow bell pepper (capsicum) for colour and texture.

Chill for about 30 minutes before serving.



Tomatoes à l'Algerienne

From Annette Welsford

"I discovered this quaint old recipe on www.vintagerecipes.net, where copyright has expired and the recipes are now in the public domain. I have not tried to convert it to metric measurements!"

Ingredients

- **white meat of 1 chicken**
- **24 perfect tomatoes**
- **¼ box of gelatin**
- **½ pint of chicken stock**
- **½ pint of cream**
- **1 teaspoonful of anchovy paste**
- **3 heads of fine lettuce**
- **½ pint of mayonnaise**

Note: Tongue, sardines, lobster, crab meat or cold left-over meat may be substituted for chicken.

Instructions

Peel the tomatoes, cut off the stem end and scoop out the hard portion and the seeds; put the tomatoes on the ice. Put the meat of the chicken through the meat grinder, season it with the anchovy paste, if you have it, and salt and pepper.

Soak the gelatin in a half cupful of cold water, add the chicken stock, bring to a boil, add a half teaspoonful of salt, a dash of pepper, and the juice of half a lemon. Mix a part of this with the chicken. Whip the cream, stir it into the chicken mixture, and fill it into the tomatoes, making them smooth on top.

When the tomatoes are very cold and the aspic is cool, but not thick, baste just a little over the top, dust thickly with chopped parsley and finely chopped almonds, and stand them in a cold place for several hours.

Arrange each tomato in a little nest of lettuce leaves, and pass them with mayonnaise dressing. If these are made well, they are the most sightly of the small cold dishes, and cost almost nothing.

This will serve twenty-four persons.

Savoury Custard Tart

From Melvie King, Melbourne, Australia

“Ideal for lunch or an after school snack. To make them a real vegetarian meal, omit the bacon and add diced capsicum (bell pepper), zucchini (courgette) and spring onions.”

Ingredients

- **1 sheet short crust or puff pastry**
- **1 tblspn chopped celery**
- **2 rashers bacon (chopped)**
- **3 or 4 medium tomatoes**
- **half cup grated cheese**
- **2 eggs**
- **1 cup milk**
- **salt & pepper to taste**

Instructions

Line a pie plate with pastry and pinch frill around edge. Brush lightly with egg white.

Arrange sliced tomatoes, bacon and celery.

Beat eggs and milk, season with salt and pepper and pour over tomatoes. Top with cheese and bake in moderate oven until set and browned.



Keith's Tomato Pie

From Keith Moszczenski, St. Louis, MO USA

"This is a simple, quick, but tasty recipe that we use frequently."

Ingredients

- **pastry shell**
- **3 tomatoes**
- **1 cup mozzarella**
- **¼ cup parmesan**
- **1 tblspn basil**
- **1 tspn oregano**
- **salt & pepper to taste**

Instructions

Bake pastry shell according to directions. While shell is baking, slice tomatoes and lay on paper towel to dry.

Layer tomato slices in pre-cooked pastry shell. Sprinkle with salt, pepper, basil and oregano. Top with cheeses and bake in moderate oven for ½ hour.

Vegan Pizza

From Matt, Fredericksburg, USA

"Tasty as hell!"

Use your home-made tomato sauce to top a home-made or bought foccacia crust. Top with garlic, onions, green peppers, jalepeno peppers, black olives, plum tomatoes, and mushrooms.



Baked Tomato Pie

From Jennifer Hogsted, North Carolina, USA

"This is a variation on a recipe I came across on the internet. It's mouthwatering!"

Ingredients

- **23cm (9 inch) pie shell**
- **6 ripe tomatoes, sliced**
- **1 onion sliced**
- **180ml (6 fl oz.) mayonnaise**
- **35 g (1 oz) shredded mozzarella cheese**
- **35g (1 oz) grated parmesan cheese**
- **ground black pepper to taste**
- **ground sea salt to taste**
- **1 tblspn chopped fresh basil**
- **2 tblspns chopped fresh oregano**

Instructions

Preheat oven to 180°C (350°F).

Bake the pastry shell for 8 to 10 minutes or until lightly browned.

Line pastry shell with sliced onions and top with sliced tomatoes. Add black pepper and salt to taste. Combine mozzarella, parmesan and mayonnaise in a bowl and spread evenly over tomatoes.

Bake for 20-25 minutes or until golden brown. Garnish with fresh herbs.



PASTA AND RICE

Willi's Pasta Sauce

From Bruna Crowe, Merriwagga, NSW, Australia
Bruna and her family live in the country and loves adding prawns, mushrooms, veggies (or what ever takes your fancy) to this lovely base before pouring over steaming pasta or rice. *"This recipe is from a very dear friend (who is no longer with us alas) who taught me how to make it then complained that mine was better than his!"*

Ingredients

- **1kg (2.2 lb) tomatoes, peeled and diced**
- **1 chopped onion**
- **2 cloves garlic**
- **freshly ground salt and pepper**
- **chopped fresh basil**
- **1 crushed chilli**
- **cream**

Instructions

In a large frypan melt a little butter, then add onion and garlic and gently brown.

Add tomatoes and cook until they have broken down and formed a thick sauce. Season with freshly ground salt and pepper, basil and chilli. (This is your base, so now you can add prawns, mushrooms, or other veggies and gently simmer). Do not over cook.

Just prior to serving add enough cream to give it a lovely creamy consistency.



Quick Pasta Sauce

From Annette Welsford, Brisbane, Qld, Australia

“When you don’t have much time, this is quick, easy and very tasty. Great for using up left over turkey or chicken.”

Ingredients

- **1 jar of your favourite pasta sauce**
- **minced turkey or chicken**
- **1 can mushrooms**
- **1 chopped green capsicum (bell pepper)**
- **2 diced tomatoes**
- **1 small chopped onion**
- **seasoning: dried bay leaves, parsley, basil, oregano, thyme, onion powder (optional)**
- **fresh grated parmesan cheese**
- **chopped parsley**

Instructions

Add seasoning to turkey (or chicken) and mix well. Heat some olive oil and fry meat until it separates. Add mushrooms and stir for a minute or two. Add onions, green pepper and tomatoes.

Simmer over medium heat, stirring occasionally until tomatoes soften. Add bottled pasta sauce at the end. Turn off heat when sauce boils. Add seasoning to taste. Add salt, vinegar and lime juice if it needs more zing.

Stir into pasta and top with parmesan cheese and parsley.



Tomato Rice Casserole

From Melissa Ryman, Brisbane, Australia

"As a vegetarian, I love to cook this easy casserole for me while my family eats meat!"

Ingredients

- **6 peeled plum tomatoes, (or 1 x 400g/14oz can of chopped peeled tomatoes)**
- **1 x 135g (5oz) tub of tomato paste**
- **1 large onion chopped**
- **2 cloves crushed garlic**
- **1 tspn curry powder**
- **¼ tspn sugar**
- **1 cup of rice**
- **1 diced zucchini**
- **25g (1oz) of chopped butter**

Instructions

Combine all ingredients together in a casserole dish cover and cook in moderate oven (180°C or 350°F) for approx 30 - 40 minutes. Check every 15 minutes or so and stir.



JC's Base Tomato Sauce

From John C Campbell III, Maryland, USA

"This a great way to make a beautiful base sauce to use for Italian, Spanish and Mexican dishes all year round."

Instructions



I cut 'em in half, smoke them for a little while in a barbecue (on metal trays or cookie sheets so I can catch the liquid that comes off).

When they're done, I save off the watery juice, take the smoked halves and put the trays under the grill (broiler) after I spritz them with fresh ground pepper, and some pink salt.



This produces more watery juice which I combine with the other and reduce down to a third.

Then I take the tomatoes (now with caramelized tops) through my Vittorio Press (a type of grinder), add fresh basil, oregano, garlic, etc. and some port or a white wine (tomatoes have compounds that are only released by alcohol). Then combine the mashed mixture with the reduced juice, cool and put in ziplock style bags and store in the freezer.



Tip: After defrosting a bag of sauce, add some chopped up fresh tomato to kick up the fresh tomato taste

PRESERVES

Grandma Childs' Tomato Sauce

From Bruna Crowe, Merriwaga, NSW, Australia

"This year we made 70 bottles of sauce from this wonderful recipe handed down by my partner's grandmother."

Ingredients

- **11kg (24lbs) ripe tomatoes**
- **1.3kg (3lbs) sugar**
- **110gm (4oz) salt**
- **30gm (1oz) cloves**
- **30gm (1oz) peppercorns**
- **57gm (2oz) whole spice**
- **57gm (2oz) garlic**
- **½ litre (1 pint) white vinegar**

Instructions

Wash and lightly boil tomatoes. Drain well, then remove all skins and seeds (pass through a mouli or equivalent).

Return pulp to a large saucepan, add sugar and salt and spices (which have been tied in a calico or muslin bag).

Cook for about two hours and then taste for flavouring. The longer you leave in the spice bag, the spicier your sauce will become. Add vinegar and cook for a further half hour.

To test, pour a small sample on a saucer and check consistency - it should have very little water around it.

Heat glass sauce bottles in oven to sterilise, then fill with sauce and seal.

Please note that less sugar may be required if tomatoes are very sweet. It is also up to individual taste as to how long to leave spices in and how much vinegar to use. Rule of thumb - always use less, not more.

Vicki's Tomato Sauce

From Vicki Gane, Ashburton, New Zealand

Author's Note: *"I've made this and it's beautiful!"*

Ingredients

| | | | |
|-----------------------|------------------|-----------------|---------------|
| ripe skinned tomatoes | 5.5kg (12 lb) | 3.5kg (8 lb) | 2kg (4 lb) |
| large diced onions | 6 | 4 | 2 |
| cups of sugar | 6 | 4 | 2 |
| salt (tbspns) | 4 ½ | 3 | 1 ½ |
| cider vinegar | 1.5 ltr 3 pt | 1 ltr 2 pt | ½ ltr 1 pt |

Instructions

Boil ingredients together for 3 hours, removing saucepan lid for last half hour to allow evaporation.

Let cool, remove muslin bag and strain sauce through mouli or blender.

Return to heat and once heated, pour through funnel into heated bottles and leave to cool.

Top up bottles with any left over sauce once sauce mixture has shrunk in bottle. Seal with a layer of plastic wrap underneath screw tops.

Tip: Insert a few cloves and peppercorns into a muslin bag and let boil in the sauce to add flavour and a slight hint of spice. This is removed before straining the sauce.



Granny's Tomato Sauce

From Mabel Rapley, Melbourne, Victoria, Australia

"This recipe was handed down to from my grandmother, who got it from her grandmother . . ."

Ingredients

- **3.5kg (10 lb) tomatoes**
- **1 tspn cayenne pepper**
- **2 tblspns sugar**
- **1 dstspn white pepper**
- **1 ltr (1.8 pints) vinegar**
- **28gm (1 oz) cloves (ground)**
- **half handful of salt**

Instructions

Boil all ingredients together for three hours. Strain and bottle hot.

Tip: Always invert filled jars for 1 minute to ensure that the lid is sterilized by the hot sauce. (Handle jars with an oven cloth or folded tea towel to avoid scalding).



Australian Tomato Chutney

From Mabel Rapley, Melbourne, Victoria, Australia

“Delicious with cheese and crackers, with cold meat slices, or even on sausages or hamburgers.”

Ingredients

- **3kg (6 lb) firm ripe tomatoes**
- **1 kg (2 lb) large onions**
- **1 kg (2 lb) sugar**
- **4 heaped tblspns plain flour**
- **750ml (1½ pints) brown vinegar**
- **2 tblspns curry powder**
- **2 tblspns mustard**
- **1 tblspn salt**

Instructions

Scald and peel tomatoes, chop and place in a large pot with finely sliced onions and salt and stand overnight.

Next day, add $\frac{3}{4}$ of the vinegar and sugar and bring to the boil. Boil gently for an hour.

Make a paste with the flour, mustard, curry and the remaining vinegar and add slowly to the tomatoes, stirring until all the paste has dissolved.

Boil mix for another hour, then when cooled a little spoon into jars. Seal when cold.



African Tomato Chutney

From Marthinus van Zyl, Johannesburg, South Africa

“A tangy chutney to add zing to your favourite cold meat or to spice up a sandwich or roll.”

Ingredients

- **4kg (9 lb) ripe to overripe tomatoes**
- **1.5kg (3 lb) chopped onions**
- **1kg (2.2 lb) sultanas**
- **1kg (2.2 lb) brown sugar**
- **1ltr (1.8 pints) white vinegar**
- **60ml (4 tblspns) salt**
- **60ml (4 tblspns) mustard powder**
- **60ml (4 tblspns) ground ginger**

Instructions

Remove the skin from the tomatoes after placing in boiling water for a few minutes, then plunging in cold water.

Chop the tomatoes in small pieces. Throw all the ingredients in a large pot, stir it through, bring to the boil. Reduce the heat and slowly cook for about an hour. Stir frequently to prevent it from burning. Bottle in warm, sterilized containers.



Kiwi Tomato Chutney

From Vicki Gane, Ashburton, New Zealand

“Another scrumptious variation of chutney, this time with apple.”

Ingredients

- **3kg (7 lb) chopped ripe tomatoes**
- **1.5kg (3 lb) chopped onions**
- **1.5kg (3 lb) thinly sliced apples**
- **3 cups cider vinegar**
- **1kg (2.2 lb) raw sugar**
- **2 tblspns salt**
- **4 tblspns curry powder**
- **2 tblspns mustard**
- **4 - 6 tblspns flour**

Instructions

Bring all ingredients (except flour) to boil, then simmer for 1 hour stirring occasionally. Mix 4 tblspns flour with a little cold water and mix in so consistency becomes like a thick cream. Stir into boiling chutney gradually and cook for 3 minutes.

If chutney is a little runny, add mix remaining 2 tblspns of flour with a little water and stir into pot.

Pour chutney into heated preserving jars and seal, or alternatively, pour into heated jam jars and when chutney is cold, cover with hot preserving wax.



Jan's Tomato Quetta

From Jan Smith, Byron Bay, NSW, Australia

"A lovely spicy chutney, which when cooked should be a bright red colour, not brown like other chutneys."

Ingredients

- **2.2kg (5 lb) tomatoes**
- **45gm (1 lb) sugar**
- **110gm (4 oz) sultanas**
- **30gm (1 oz) green ginger**
- **30gm (1 oz) garlic**
- **1 cup vinegar**
- **55gm (2 oz) salt**
- **14gm (½ oz) chopped chillies**
- **2 tblspns flour mixed with a little of the vinegar**

Instructions

Peel and chop tomatoes, slice garlic, ginger and chillies. Boil all ingredients together till quite thick. Stir well, then bottle. Seal when cool.



Tomato and Onion Jam

From Lynette Stanley-Maddocks, Canada

“Refrigerated, this jam will keep for about a week. Spread thinly on crusty bread and top with cheese. It would also make a fantastic accompaniment to an omelette or any other dish where you might use a vegetable chutney.”

Ingredients

- **1 tblspn good olive oil**
- **300gm (12oz) sliced sweet onion**
- **4 large garlic cloves, crushed and chopped**
- **½ tblspn grated fresh ginger root**
- **1½ tspns sea salt**
- **1½ tspns fresh ground pepper**
- **2 tblspns good quality balsamic vinegar**
- **2 tblspns lemon juice**
- **½ cup brown sugar**
- **7 large ripe tomatoes, chopped roughly (about 4 cups)**
- **1 cup water**

Instructions

Add olive oil and onions to a non-stick pan over low to medium heat, cook and stir until softened and well browned, about 10 minutes. Add garlic and cook and stir 5 minutes more. Add the rest of the ingredients, except tomatoes and water.

Cook and stir until bubbly, about 5 minutes. Add tomatoes and water, heat until bubbly, reduce heat to low, and cook, covered, stirring occasionally for 30 minutes.

Remove cover, increase heat to medium high and cook, stirring until liquid reduces and mixture becomes jammy in consistency, about 15 minutes.

Pour into a clean 1 ltr (1qt) jar or plastic container to cool.



Ross-Lyn's Tomato Jam

From Ross-Lyn Bassani, Gold Coast, Australia

"This is a bit different and quite delicious on toast."

Ingredients

- **1kg (2.2 lb) ripe tomatoes**
- **1kg sugar (2.2 lb)**
- **1 tblspn water**
- **1 lemon**

Instructions

Peel tomatoes after scalding. Scoop tomatoes out of the water and when cool, peel off skin and cut into small slices.

Place a layer of tomatoes and a layer of sugar into saucepan. Keep layering until all tomatoes and sugar has been used. Grate the rind of the lemon into saucepan then squeeze the juice of the lemon over the tomatoes and sugar. Add 1 tablespoon of water.

Stir over low heat until all the sugar is completely dissolved (about 10 minutes). Boil rapidly for approx 30 minutes until jam reaches setting point. Bottle when cool and seal when cold.

Tip: For every kilo of tomatoes you need to use the juice and rind of 1 lemon.

Jam enhances most seafood and savoury dishes. Beautiful with goat's cheese!



Julie's Green Tomato Pickle

Julie Gawryliuk, Saskatchewan, Canada

"Hope you like this, it's one of my favorites. An excellent condiment for pork, beef, chicken or hotdogs."

Ingredients

- **7kg (2 gallons or 16 lb) chopped green tomatoes**
- **3.5kg (1 gallon or 8 lb) onions**
- **½ cup salt**
- **4 cups white vinegar**
- **4 cups brown sugar**
- **½ cup pickling spices, tied in a bag**

Instructions

Peel and finely chop onions, mix with tomatoes and sprinkle with salt. Cover and let this mixture stand overnight.

Next morning, throw out the liquid, (or you can save it and use for spaghetti sauce).

Add vinegar, sugar and bag of spices. Cook over medium- low heat stirring often, for 1 - 1 ½ hours, until tender. Veggies should still have a little crunch to them. Pour into hot sterilized jars and seal.

Tastes best if you let it sit for a week and let the flavors mesh and deepen.



John's Tomato Relish

From John May, Melbourne, Vic, Australia

"As a butcher, I love spreading this relish on all types of hot and cold cooked meat."

Ingredients

- **1.3kg (3 lb) tomatoes**
- **½kg (1 lb) onions**
- **2 tblspns salt**
- **2 cups brown malt vinegar**
- **2 tblspns curry powder**
- **½ tspn pepper**
- **½ tspn chopped chilli**
- **1 tblspn dry mustard**
- **2 tblspns malt vinegar (extra)**
- **2 cups sugar (white)**

Instructions

Blanch tomatoes then peel, squeeze and chop. Finely chop onions. Sprinkle 1 tablespoon salt over both tomatoes & onions. Cover both and stand overnight. Drain off excess juices and boil for 5 minutes.

Using extra vinegar, mix with curry powder, pepper, chilli and mustard to smooth paste and add to pot with bulk of vinegar. Simmer 45 minutes. Stir in sugar 'til dissolved. Simmer extra 45 mins (lid off). Bottle when hot, seal when cold.



Julie's Red Tomato Relish

Julie Gawryliuk, Saskatchewan, Canada

"The following recipe is one my Great-Grandmother and I came up with, it is a little sweet but sassy. Great for pork or any meat, also I use it to spice up my omelettes; it gives an omelette a special touch."

Ingredients

- **3kg (7 lb) ripe tomatoes, (approx 14-16)**
- **7 large onions**
- **1kg (2.2 lb) celery, (heart)**
- **1 cup salt**
- **5 cups white sugar**
- **2 cups white vinegar**
- **2 sweet red peppers, finely chopped**
- **2 tspns mustard seed**

Instructions

Chop the tomatoes, onions and celery, mix, and add pickling salt. Place in a large bag and drip all night to remove the excess liquid. "I just place them all in colanders and let them drain."

Next morning, throw out the liquid, (or you can save it and use for spaghetti sauce).

Add the remaining ingredients to the pulp. Boil for 15 minutes, pour into sterilized jars and seal.



Semi-Dried Tomatoes

From Ross-Lyn Bassani, Gold Coast, Australia

"I have tried this recipe on a number of occasions and they are just delicious. The tomatoes are dried in a very slow oven."

Ingredients

- **6 ripe tomatoes**
- **salt**
- **olive oil**
- **sugar**
- **5 or 6 crushed basil leaves (for storing)**
- **small amount of fresh oregano (for storing)**

Instructions

Cut the tomatoes in half and lay skin side down on a greased oven tray. Sprinkle lightly with salt, sugar and olive oil. (The sugar really brings out the flavour).

Place tray in oven pre-heated to 50°C (120°F) and leave for five hours. For fully dried tomatoes leave in oven for about 10 hours or overnight.

If you've used large tomatoes then they will need to be turned once.

Allow to cool then pack into jars with the herbs. Fill jar with either Canola or olive oil until tomatoes are fully covered. Seal with a lid. Refrigerate after opening.

Tips: Roma or plum type tomatoes are ideal for drying. You can use as many tomatoes as you like and just adjust the ingredients accordingly. The herbs are optional.



Sun Dried Tomatoes

From <http://www.dinnerplanner.com>

“You can make your own ‘sun-dried tomatoes’ in the oven. When placed in bags in the refrigerator they can last indefinitely.”

Instructions

Start off with as many plum tomatoes as you want to dry. It is important to use only plum tomatoes, as they produce the best end result. Just be aware that they shrivel into almost nothing. What appears to be a lot of tomatoes can fit into a quart-size zip top bag! This is why they are expensive in the supermarket- one small bag may contain a half-dozen tomatoes.

Preheat oven to 90°C (200°F). Wash the tomatoes, and slice them about 6mm (¼ inch) thick. You don’t need to peel them. Lay the slices out on the baking sheet, making sure not to touch sides.

Place in the oven, and WAIT! This can take anywhere from 6 to 10 hours, but baking them faster will ruin the consistency and the flavour. Periodically check the tomatoes, as sometimes the tomatoes around the edges of the baking sheet will bake faster than the ones in the centre of the baking sheet. Rotate positions, if necessary, to keep appearances uniform.

They’ll be ready when they have the consistency of fresh raisins. If they are under cooked they will be too wet and sticky; if they are overcooked they will be dark brown and dried out. Sometimes certain slices will be done before the rest- simply remove them to a plate and continue baking the rest. Keep your eye on them.

Bring the tomatoes to room temperature on the baking sheets. Transfer them to zip top bags, and place in the refrigerator. They will last indefinitely.



Tomatoes in Olive Oil

From George Gabriel, California, USA

“These are great in sandwiches, instead of mayo. Also good for salads. Hope you enjoy these as much as I do.”

Ingredients

- **9-18kg (20-40lb) tomatoes**
- **1 head of garlic**
- **1.5 litres (1 qt) olive oil**

Instructions

Using a dehydrator, dehydrate tomatoes until they are crisp.

Pack tightly into jars. Mix olive oil with garlic in blender, about 1 head of garlic to 1.5 litres (1 qt) of olive oil.

Pour olive oil garlic mixture into the tightly packed jars, until the tomatoes are totally submerged in the oil. Make sure all the trapped air gets out of the jars, so the tomatoes will be submerged in the oil.

Variation: You can insert a sprig of rosemary in the jar for added flavour

Tip: If you don't possess a dehydrator, you can dry them in the oven following the instructions on page 45.



How To Grow Juicy Tasty Tomatoes

If you don't have our best selling tomato growing guide, here's how to get it.

Simply visit www.bestjuicytomatoes.com and order online. You can download it immediately in PDF format, or have the hard copy posted to you within 2 working days. Both versions come with four complimentary bonuses and our fantastic database of over 1300 tomato varieties.



Growing other vegetables

Many of our clients have asked for books on other vegetable types, so we've taken their suggestions on board and have several more books in production.

For details of our other vegetable books - please visit www.growingveggies.com and www.growgreatpotatoes.com

Get regular veggie growing tips

For regular tips, follow us on twitter: www.twitter.com/growveggies