

TOMATO



PREPARATION

- Wash and dry before cooking or eating.
- It is not necessary to remove the skin or the seeds unless specified in a recipe.

ADD FLAVOUR

- Sprinkle sliced tomatoes with balsamic vinegar and black pepper.
- Scatter fresh basil leaves over sliced tomatoes and add salt and pepper and a drizzle of olive oil.

STORAGE

- Store at room temperature, out of direct sunlight.
- Speed up ripening by putting in a paper bag. Do not refrigerate unless they are over-ripe.

VEGE UP

- Eat raw in salads, sandwiches or on their own.
- Add to pizzas, pasta sauces, soups or stews.
- Tomatoes preserve well, are easily frozen or bottled.

COOKING

- Grill: Remove core, halve large tomatoes. Score top of small tomatoes with a cross.
- Stuff: Cut tops off and retain, scoop out seeds and stuff with favourite filling. Bake with tops on.