

Fruit & Vege Co-op



Tomatoes

STORAGE	PREPARATION
<ul style="list-style-type: none">- 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.	<ul style="list-style-type: none">- 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	VEGE UP
<ul style="list-style-type: none">- 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.	<ul style="list-style-type: none">- 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	
<ul style="list-style-type: none">- 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.	
RECIPE: Tomato Risotto (Serves 6)	
<p>1 large handful of fresh herbs (rosemary, basil, oregano or parsley) 2 tablespoons olive/vegetable oil 1 onion, finely diced 1 ⅓ cups risotto (short grain) rice ¼ cup white wine (optional – if not using wine use an extra ¼ cup of vegetable stock) 3 cups heated vegetable stock* 2 cups tomatoes, cut into chunks Salt and ground black pepper ¼ cup cheese shavings (parmesan cheese or tasty cheddar are recommended) Green salad leaves, and virgin olive oil to serve</p> <ol style="list-style-type: none">1. Chop the herbs and set aside.2. Heat the oil in a thick bottomed saucepan or casserole dish, add the onion, and cook for 8 – 10 minutes, until the onions begin to soften. Add the rice and stir to coat in the oil and onion. Pour in the wine, and then the hot stock one ladleful at a time, stirring well to mix. This will make a really creamy risotto.3. When all of the liquid has been added reduce the heat, cover, and simmer for 5 minutes. Stir in the tomatoes and chopped herbs. Simmer, covered, for another 10 – 15 minutes, until the rice is tender and the liquid has been absorbed. Season to taste.4. Serve immediately with shavings of parmesan, green salad, and extra virgin olive oil to drizzle over the risotto.	
Variations <ul style="list-style-type: none">- For a more nutritious meal use short grain brown rice instead of white rice.- Stock you may have from cooking chicken, fish or other meat can be used instead of vegetable stock.- Lettuce or a mixture of any green salad leaves you may have can be used including silverbeet and the tops of beetroot you may have growing in your garden.- ½ cup of frozen peas add extra protein to this meal.	
*(Save water from cooking your vegetables covered in the fridge for 3 days or frozen to use as stock.)	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op