



# tomatoes

50 TRIED & TRUE RECIPES

Julia Rutland

# tomatoes

50 TRIED & TRUE RECIPES

Julia Rutland

Adventure Publications  
Cambridge, Minnesota



Cover and book design by Jonathan Norberg  
Edited by Emily Beaumont

Cover images: All images by Julia Rutland

All images copyrighted.

All images by Julia Rutland unless otherwise noted.

Used under license from Shutterstock.com:

**Creatus:** 9; **Elena Elisseeva:** 16 (heirloom tomatoes); **eugene-gurkov:** 2-3; **fotozick:** 15 (grape and pear tomatoes); **Bozena Fulawka:** 15 (cherry tomatoes); **GSDesign:** 15 (vine tomatoes); **MaraZe:** 6, 21; **OFC Pictures:** 15 (beefsteak tomato); **M. Unal Ozmen:** 15 (plum tomatoes); **J.D. Rogers:** 16 (green tomato)

10 9 8 7 6 5 4 3 2 1

**Tomatoes: 50 Tried & True Recipes**

Copyright © 2021 by Julia Rutland

Published by Adventure Publications

An imprint of AdventureKEEN

310 Garfield Street South

Cambridge, Minnesota 55008

(800) 678-7006

[www.adventurepublications.net](http://www.adventurepublications.net)

All rights reserved

Printed in China

ISBN 978-1-59193-950-4 (pbk.); ISBN 978-1-59193-951-1 (ebook)











# Acknowledgments

What a complete joy it is to work on a cookbook featuring one of my favorite foods! Many thanks to the creative people at AdventureKEEN for their encouragement and skill while shepherding this book from ideas to printed pages. Cheers to Brett Ortler, Emily Beaumont, Lora Westberg, and Liliane Opsomer!

As always, I want to thank my friends who are willing to taste my experiments, as well as my dear family: Dit, Emily Bishop, and Corinne, who also provide a bit of garden assistance. I'd like to give a special nod to my fellow members of the Loudoun County Master Gardeners, who never fail to give me a bit of horticultural advice with each visit to the Demo Garden (especially the part about not composting tomatoes unless you want countless volunteers in your flower beds the next year!) With that in mind, thanks to my chickens and roosters, who have greedily devoured the overripe or bird-pecked gems from my garden—tomatoes for eggs is a great trade.



# tomatoes

50 TRIED & TRUE RECIPES



# Table of Contents

<b>Acknowledgments</b>	<b>6</b>
------------------------	----------

<b>About Tomatoes</b>	<b>10</b>
-----------------------	-----------

Planting and Growing Tomatoes	11
Purchasing Tomato Plants	13
Tomato Plant Terminology	14
Purchasing Ripe Tomatoes	15
Processed or Canned?	18
Nutrition, Storage, and Peeling	20

<b>Sauces and Salsas</b>	<b>22</b>
--------------------------	-----------

Pico de Gallo	25
Smoky Jicama-Orange Salsa	27
Restaurant-style Salsa	29
Tomato-Olive Relish	31
Caponata	33
Spicy Vodka Sauce	35
Quick Fresh Pizza Sauce	37
Insta-fresh Tomato Sauce	39
Simple Cherry Tomato Pasta Sauce	41
Tomato-Short Rib Pasta Sauce	43
Roasted Tomato Romesco Sauce	45
Tomato Jam	47
Sun-Dried Tomato Pesto	49
Sun-Dried Tomato and Roasted Garlic Butter	51

<b>Appetizers, Breads, and Beverages</b>	<b>52</b>
--	-----------

Marinated Cherry Tomatoes	55
Bacon-and-Basil-Stuffed Cherry Tomatoes	57
Candied Tomato and Goat Cheese Bruschetta	59
Tomato Toasts with Pesto and Panko	61
Tomato Shortbread	63
Tomato-Cheddar Quick Bread	65
Upside Down Tomato-Bacon Cornbread	67
Sun-Dried Tomato-Asiago Rolls	69
Cajun Bloody Mary	71

<b>Salads</b>	<b>72</b>
---------------	-----------

Herb Buttermilk Dressing and Fresh Tomatoes	75
Undone BLT Salad	77
Greek Tomato Salad	79
Tomato-Watercress Salad with Chimichurri Vinaigrette	81
Tomato and Black-eyed Pea Salad	83
Mixed Heirlooms with Walnut-crusted Fried Goat Cheese	85
Tomato-Crab Salad	87
Grilled Panzanella Salad	89

Beefsteak Tomato, Beef Steak, and Blue Cheese Salad.....	91
<b>Soups.....</b>	<b>92</b>
Garden Gazpacho.....	95
Fresh Tomato Bisque.....	97
Roasted Tomato-and-Corn Soup.....	99
Summer Vegetable Minestrone.....	101
Manhattan Fish Chowder.....	103
<b>Sides and Entrées.....</b>	<b>104</b>
Fried Green Tomatoes.....	107
Creamed Spinach-and-Artichoke- Stuffed Tomatoes.....	109
Simple Stovetop Red Rice.....	111
Tomato Mac 'n' Cheese.....	113
Layered Ratatouille Skillet Casserole.....	115
Sun-Dried Tomato, Spinach, and Cheese Cups.....	117
Tomato-Zucchini Strata.....	119
Baked Three-Tomato Ziti.....	121
Shrimp with Cheesy Tomato Grits.....	123
<b>Pies and Tarts.....</b>	<b>124</b>
Tomato-Ricotta Tart.....	127
Tomato and Three-Cheese Quiche.....	129
Cheesy Tomato-Squash Tart.....	131
Green Tomato Pie.....	133

<b>Index.....</b>	<b>134</b>
<b>About the Author.....</b>	<b>140</b>



# About Tomatoes

Of all the homegrown crops in the U.S., tomatoes rank as the most popular, with 86% of backyard gardeners planting them in their plots or pots. And it's not only fresh tomatoes we grow and eat. On average, Americans consume 23 pounds or more of processed tomatoes (think ketchup and sauce) every year.

Tomatoes are native to the Andes in Peru, but they didn't look like the large heavy globes we recognize now. The early wild tomato plants bore tiny fruit about the size of marbles. There is conflicting research about when tomatoes were domesticated, but it's clear that Indigenous peoples were growing them long ago. The conquistadors later brought them to Europe sometime in the sixteenth or seventeenth centuries. Through domestication and cultivation, tomatoes grew in size and in a variety of shapes and colors.

However, tomatoes were not always universally accepted by Europeans as safe to eat. Their inclusion in the nightshade family, alongside many poisonous plants (but also potatoes, eggplant, and tobacco), and their assumed corresponding toxicity made some Europeans briefly skeptical of tomatoes. But this skepticism gave way to delight, as tomatoes became a popular food throughout Europe. Tomatoes were introduced widely to the United States by Jewish merchants.

Jump ahead more than 200 years and tomatoes are the second most consumed vegetable behind potatoes. Botanically, tomatoes are a fruit, because they develop from a flower and contain seeds, but legally speaking, they are considered a vegetable. The story is a bit surreal: In the late nineteenth century, Congress passed The Tariff Act of 1883, which affected vegetables but omitted fruit. Tomato importers did not want to pay the 10% tax, so they argued that tomatoes were a fruit. A legal case wound its way to the United States Supreme Court for a decision. The justices unanimously decided that, in common language, tomatoes are considered a vegetable. They reasoned that fruit is usually served as dessert, and most people consider and use tomatoes as a savory item, often served with dinner.



## Planting and Growing Tomatoes

Growing tomatoes is pretty easy, inexpensive, and doesn't require a traditional garden. There is a standard recommendation to have one to four plants per person, but the number of plants needed will vary depending on how much you and your family enjoy eating them and if you like to preserve the fruit for later consumption. A standard tomato plant will average 10 to 15 pounds of fruit. Tomato plants are self-pollinating (the flowers have both male and female parts), so there is no need for a second plant.

Technically a perennial, tomatoes are usually grown as annual plants because they will not grow indefinitely in most areas of the country. You can see the potential of a single tomato plant at Walt Disney World's Epcot Center. During the "Living with the Land" boat ride attraction, you can visit the world's largest tomato plant. The average harvest is around 14,000 golf ball-size tomatoes, but one year the plant produced a record-breaking 32,000-plus!

### Site Selection

- Choose a garden space that receives at least 8 hours of sunlight. In cool Northern climates with short summers, the amount of sunlight is critical for healthy plants. If your summers are excessively hot, a bit of shade for a few hours will protect plants from wilting.
- Soil is a critical factor to ensure robust garden crops. Tomatoes are not exceedingly sensitive, but they will do poorly in heavy clay soils. Amend with compost, and consider contacting your local extension office for affordable soil testing.
- Rotate tomato patches, ideally every year. Pathogens in the soil can build up and cause diseases in subsequent years.

### When to Plant Seeds

- For maximum harvests, start tomatoes indoors six to eight weeks before the last frost date in your area. Ensure adequate sunlight or artificial light to prevent spindly plants.
- Seven to ten days before transplanting, "harden off" the seedlings by placing them outdoors in the shade for a couple of hours each day, increasing the amount of time outside and slowly including some direct sun. This step helps acclimate the tiny plants to the change in sun, wind, and outdoor temperature.

- Make sure all danger of frost has passed and the soil has sufficiently warmed before planting in your garden. If planted too early in chilly temps, the plants won't reach their full potential.
- Tomatoes can develop roots along the stem. Deeply transplanting allows roots to develop and is also a good remedy for tall, leggy plants. Bury up to two-thirds of the plant in soil. If the stem is flexible, plant the root ball sideways so more of the stem is underground, and then curve it up to the top of the soil.

### **Planting Seedlings**

- If purchasing started plants, avoid those with yellowing leaves, a sign of disease or distress. Choose plants with straight stems about the thickness of a pencil.
- Transplants perform better when planted in warm air and soil temperatures. While the air temperature warms first, the soil can still be cooler than ideal. Cover the soil with black plastic a few weeks before adding the tomatoes; this warms the soil and can be removed before planting, if desired.
- For both seeds and seedlings, select a variety suited for your climate. If you live in an area with a lot of warm days, you have more options and can select a variety with longer maturation times.

### **Cages and Other Support**

- Make a plan to contain and control otherwise runaway tomato vines by using purchased cages, long stakes, or other gadgets designed for tomato plants. Unsupported tomato vines will sprawl along the ground, inviting a host of critters. Besides being easier to harvest, supported plants are more productive and suffer less from insect and disease issues. Contact with damp soil may also contribute to rot.
- If your garden is large and/or you have many plants, consider buying a roll of concrete wire or fence wire with large squares; you can use this to make cylinders for each plant.
- Place any stakes or cages around the plants at the time of transplanting. Doing it later in the season risks cutting roots and breaking vines.

## Fertilizers and Mulch

- Fertilize with a product designed for tomatoes, as nitrogen-heavy blends will result in a lot of foliage growth and reduced fruiting.
- Mulch with organic material to keep the soil temperature and moisture levels consistent. Mulch also helps keep soil (and accompanying diseases) from splashing onto the plants during rain events, and it keeps any low-hanging fruit off of the ground.

## Harvest

- For best flavor, allow your tomatoes to ripen to their mature color while on the vine. If your garden is at risk for bird or other animal damage, it's okay to pick when pink and allow them to ripen inside at room temperature.
- If your tomatoes are ripening and heavy rains are in the forecast, consider picking a little early. Tomatoes split or crack when the inside expands too fast for the skin to grow. This is common when a heavy rainfall follows a drought. Extreme fluctuations with irrigation can also cause this to occur. Pick such tomatoes immediately because what starts off as an aesthetic problem can get worse, as the skin protects the fruit from disease and insects.

## Purchasing Tomato Plants

### Heirloom vs. Hybrid vs. Grafting

**Heirloom** refers to traditional plant varieties that were developed before modern commercial agriculture and that have held steady characteristics for 50 years and often much more. Typically heirloom tomatoes are prized for their taste, as opposed to modern tomato hybrids that many feel sacrifice flavor in exchange for better growth, disease-resistance, and storage. These seeds have been passed down from generation to generation. Gardeners will find varieties with a wide range of characteristics, and farmers markets are ideal places to buy fully grown fruit. At their peak and for a short time, grocery stores may offer a few popular heirlooms varieties, including Brandywine and the dark reddish brown Cherokee Purple, both renowned for their rich, sweet flavor and dense texture.



**Hybrid** plants are the result of cross-pollinating two different tomato varieties; this creates a new plant that exhibits certain traits. The benefits of a hybrid plant include: vigor, higher yields, uniformity among fruit (which is more important to commercial processors than home cooks), and increased disease and insect resistance (which can mean less chemical intervention). Hybrid plants typically only exhibit their improved qualities in the first generation after crossbreeding, so hybrid seeds need to be purchased anew each season. Tomato breeders are constantly experimenting with crosses (pollinating one variety with another) to increase positive traits. Currently there are no GMO (genetically modified) tomatoes commercially available.

**Grafting** is the use of special techniques to join two or more plants together in order to take advantage of the characteristics of both. Instead of crossing the genes between the varieties, one variety becomes the rootstock, and the other becomes the scion, the top or fruit-bearing part of the plant. Common examples include fruit trees and grapevines. Grafting plants enables growers to combine a rootstock that is resistant to soil-based diseases with a top plant that is prolific with a particular fruit. If purchasing grafted plants, it is critical to keep the union (usually a thicker, lumpy area around the stem) above the soil. If buried, the top will form roots and grow, invalidating the graft.

## Tomato Plant Terminology

There are several different terms to be aware of when purchasing tomato plants. Here's a rundown:

- **Midget, patio, or dwarf** varieties grow on compact vines and are ideal for container planting. In general, these are short-lived compared to sprawling garden-growing plants, and much of the crop will ripen in a short period.
- **Determinate plants** grow to a particular size before flowering, setting fruit, then declining. Most commercial plants are determinate since their growth cycle can be timed for optimal harvest.
- **Indeterminate plants** have vines that continue to grow until frost or disease kills them. They will require support for the best yields. Without wire cages or trellises, indeterminate tomato plants will sprawl along the ground, making them more tempting to critters.

Contact your local extension office and/or Master Gardener Association for tips and pointers specific to your location.

## Purchasing Ripe Tomatoes

There are several different kinds of fresh tomatoes, each with specific uses. Here is a quick primer on the main categories.



**Cherry:** These small, round tomatoes range in size from that of a small blueberry to as large as a golf ball. They are often sweeter than their larger counterparts and are great in green salads and pasta salads, stuffed as small appetizers, or simply eaten whole. Growing cherry tomatoes in your garden is initially satisfying because they are some of the first to mature. But take care not to overplant because a healthy plant can produce copious amounts.

**Grape and pear:** Grape and pear tomatoes are some of the smallest you'll find in markets, generally sold prepacked in all red, yellow, or multi-colored mixes. Grape tomatoes are oblong and about the same size as a grape; pear tomatoes have a small neck (at the stem end) and a rounded end. They are crisp and juicy with a well-balanced sweet-acidic flavor.



**Plum:** Easily recognized by their long, cylindrical shape, plum tomatoes are also called “paste” tomatoes and sometimes sold as “Romas,” a variety of plum tomatoes. These are often used in sauces because they are meaty with few seeds and have a low water content.

**“Tomatoes on the vine”:** Sold in clusters connected by the vine they grew on, these tomatoes are very consistent in their size and ripeness. They are usually larger than cherry tomatoes and smaller than beefsteaks. The hybrid tomatoes are cultivated for their sweetness, lack of mealiness, low acidity, and deep red color.



**Beefsteak:** These large, meaty tomatoes are often eaten fresh since their irregular shapes make them difficult to commercially process. However, their squatty profile makes them great for sandwiches, as their wide shape means you can add one large slice rather than stacking a few smaller slices. Beefsteak varieties have some of the longest lengths of maturation, so don't delay planting if you live in a climate with a short season. Supporting the vines is important because fruits are large, weighing around 1 to 2 pounds each.



**Heirlooms:** There are many different heirloom tomatoes; popular examples include Brandywine and the dark reddish brown Cherokee Purple, both renowned for their rich, sweet flavor and dense texture. Heirloom tomatoes generally have less disease resistance and a shorter shelf life than homegrown or commercial hybrid tomatoes.



**Green:** The majority of green tomatoes are simply mature, but unripe, tomatoes. The exception are certain varieties, such as Green Zebras, that remain green when fully ripe. When temperatures drop, tomatoes on the vine stop ripening, which is why you'll see more green tomatoes at the market in fall. Very immature green tomatoes never ripen, but you can try to ripen fruit that has reached its full size. To do so, place it in a bag with an apple or bananas; these fruits emit ethylene gas, which catalyzes ripening.

The firm and dense texture of green tomatoes makes them ideal for breading and frying. I stay away from the rock-hard green tomatoes, as I find their texture a bit too “squeaky.” I look for green tomatoes with a slight bit of “give” in the sides or those that have become “breakers.”

### Vine-ripe vs Ripe Tomatoes

The term “vine-ripe” means different things. The term implies that the tomato grew and ripened to red (or whatever the mature color) while still attached to the vine. And that's how many home gardeners and local farmers markets handle their crops. However, store-bought tomatoes are usually picked green—specifically “mature green,” meaning the fruit has developed to its full size and will eventually turn red. Commercial growers do this since mature green tomatoes are firm enough to handle packing and transportation without bruising. In addition, store-bought tomatoes are specifically bred to have sturdy skins that can handle the weight of being packed together into large boxes. The green tomatoes are packed into containers and treated with ethylene gas to promote ripening.

Another benefit of picking mature green tomatoes and treating is that the entire batch or box will ripen evenly and at the same time. Ethylene gas is a natural plant hormone that controls the plant's development and occurs in many other foods, such as apples and bananas.



Note that processed tomatoes (paste or plum tomatoes) are allowed to ripen on the vine in the field. They are processed very soon after harvesting; therefore, these products are often more flavorful.

#### Stages of ripening:

1. **Green:** The entire surface and interior of the tomato is pale or bright green.
2. **Breakers:** There is a distinct show of color from a light pink on not more than 10% of the surface.
3. **Turning:** More than 10% of the tomato shows a change from green to a yellowish color, but no more than 30%.
4. **Pink:** More than 30% of the tomato shows a yellowish pink to red color, but not more than 60%.
5. **Light red:** More than 60% of the surface is a pinkish-orange color.
6. **Red:** More than 90% of the tomato is a vivid and deep red.



## Processed or Canned?

While the image of a tomato is usually a round, baseball-size fresh globe, most of the tomatoes eaten in the U.S. are not fresh but occur in the form of ketchup and tomato sauce. For fresh recipes like salads, you want the best fresh tomato. But for sauces, casseroles, and soup, canned tomatoes make an excellent option.

**"Processed"** is an accurate yet unappetizing term for canned or tinned tomatoes. While the ultimate tomato is a big, juicy one that has been fully ripened on the vine, you won't have access to one unless you are growing them yourself in big quantities. Commercially processed tomatoes, generally plum/Roma tomatoes, are harvested at peak flavor, when they are ripe and red. They're processed a few hours after picking.

**Canned** tomatoes have rich flavor; there are also many options in terms of seasonings, from tomatoes with Italian spices to chili or Mexican-style tomatoes or fire-roasted ones.

Remember that tomatoes are very acidic and can leach BPA, a chemical linked to potential health problems, from the lining of the cans. Look for brands labeled without BPA or buy tomato products in coated paper cartons or glass jars.

### Types of Processed or Canned Tomatoes

**Whole, peeled** tomatoes are packed in tomato juice or puree. This very basic form can be chopped, crushed, pureed, or used in sauces.

**Stewed** tomatoes used to be popular as a side dish. The canned types have been cut and cooked, often with seasonings and some sugar. Their texture is soft, and they are used in recipes that call for larger pieces.

**Diced** tomatoes have been chopped into fairly consistently sized cubes; calcium chloride is added to help them retain their shape. This type is good for soup, chili, and sauces where you want to see pieces of tomato intact.

**Crushed** canned tomatoes are softer than diced, but they retain more texture than pureed tomatoes or tomato sauce.

**Puree** is sometimes called ground tomatoes. It is a thick sauce with a texture in between that of crushed and paste.

**Sauce** consists of pureed tomatoes, often with added seasonings with a very smooth texture.

**Note:** Ready-to-serve pasta sauces are usually in larger containers. They are highly seasoned, with texture running from smooth to chunky.

**Paste**, in small cans or tubes, contains tomatoes that have been cooked down to a very thick consistency. The flavor is quite concentrated, and the color is dark. Recipes often use a few tablespoons out of a can, which can be wasteful if the remainder is not used right away. You can freeze cubes or tablespoons of tomato paste.

**San Marzano** plum tomatoes originated in the Italian town of San Marzano sul Sarno, not far from Naples; these are sold canned and are renowned for their rich flavor and mild acidity. Some of these tomatoes were given a special status—when you see “D.O.P” on a San Marzano label, it signifies that they are an Italian product certified to be locally grown and packaged. D.O.P stands for an Italian term that translates to “Protected Designation of Origin.” It’s very similar to the similarity/differences between Champagne and sparkling wine. It is the same tomato, only grown outside the particular Italian region.

**Sun-Dried Tomatoes** have a tart and slightly sweet flavor, with a texture like other dried fruit. For as long as people have been eating tomatoes, they have been finding ways to preserve their excess harvest and keep them edible for future use. Traditionally, tomatoes (usually plum) were halved, salted, and dried on rooftops in the sun, and then submerged in olive oil. The slow drying process in the sun is said to enhance their flavor.

It’s doubtful that any sun-dried tomatoes you purchase nowadays were actually dried in the sun. Tomatoes destined for drying are often treated with sulfur dioxide to preserve their bright red color and then dried in commercial dehydrators.

Very fresh sun-dried tomatoes can be used without rehydrating, as they are pliable. Older ones turn very dark and may require some soaking in hot water to become edible. Some sun-dried tomatoes are packed in oil, with or without additional seasoning. These are soft and ready to use, and you can save the oil for sautéing or for use in salad dressings.

## Nutrition, Storage, and Peeling

### Nutrition

A medium-size tomato has about 35 calories and is rich in vitamins C, A, and K. Red tomatoes contain more beneficial nutrients than yellow or green tomatoes. But tomatoes are especially famous for their high levels of lycopene and beta-carotene. Lycopene is the nutrient responsible for the red pigments in tomatoes, bell peppers, watermelons, and grapefruit. It is associated with a reduced risk of heart disease and cancer.

Tomatoes and tomato products contain more lycopene than most other fruits and vegetables, and sun-dried tomatoes contain nearly twice as much.

Cooking tomatoes increases the bioavailability of lycopene, especially if you're heating tomatoes along with a fat, such as extra-virgin olive oil, since lycopene is a fat-soluble nutrient.

### Storage

Don't store tomatoes in the refrigerator. The cool temperatures halt enzymes that produce aroma and that yummy umami flavor. You may have heard to store tomatoes at room temperature, but there's a caveat. Food scientists recommend 55°F as best (same as red wine!). Refrigerators, on average, keep foods at 34°F to 38°F, but your kitchen, especially in the summer, usually surpasses 70°F and may even reach temps in the 90°F range. You may need to be flexible. Unripe to ripe tomatoes can stay out on the counter, but if you can't use them before they rot, place in the refrigerator to halt the ripening process to avoid oversoft and leaking fruits. If stored in the refrigerator, let them rise back to room temperature before eating to help recover some of the lost flavor and aroma. Previously chilled tomatoes are best in sauces and soups.

Store tomatoes stem up to avoid bruising the tender "shoulders." If you crowd them together in a bowl or basket, check them frequently, as the ones on the bottom may ripen much faster and split from the weight of the fruit above.

### Peeling

Some cooks prefer to peel tomatoes before using them in soups and sauces. Removing the skins when making sauces helps to create a very smooth, silky texture. It also helps you avoid having bits of tomato skin floating around (if that even bothers you). Using a food processor or immersion blender can grind the skin pieces to such a fine size that they are not really noticeable.

Like many other fruits and veggies, the skins hold a lot of nutrition (in tomatoes, that's where most of the lycopene exists), and removing them reduces the health benefits. Since I don't mind the bits of skin, and I want the maximum amounts of antioxidants, I didn't peel the tomatoes for recipes in this book.

To peel tomatoes, make a small "x" on the bottom of the tomato. Gently lower into gently boiling water to cover the tomato (remember to take off any stickers!). Let it soak in the boiling water for 15 to 30 seconds (you will see the cut edges of the skin start to curl away). Then drain in a colander; when cool enough to handle, slip off the skins.











# sauces and salsas





# Pico de Gallo



Pico de gallo and salsa share many of the same ingredients, but it's the texture that is notably different. Pico is chunky and uses fresh, uncooked tomatoes. Salsa usually has a finer, thinner consistency. Pico makes a great topping for grilled meats and vegetables, but its larger size can be awkward to use as a dip with chips. If you want to make this dippable, finely chop the ingredients or toss them in a food processor for a few seconds.

I use cherry tomatoes in this chunky fresh dip because, when they start to ripen in my garden, I tend to have hundreds to deal with, but you may substitute 2 to 3 traditional tomatoes, seeded and chopped.



makes 2 cups

## INGREDIENTS

2 cups cherry or grape tomatoes,  
quartered or chopped  
¼ small red onion,  
finely chopped  
1 garlic clove, minced  
½ cup chopped fresh cilantro  
½ teaspoon grated lime zest  
3 to 4 tablespoons fresh  
lime juice  
¾ teaspoon salt

Combine all ingredients in a bowl. Cover and chill until ready to serve.







# Smoky Jicama–Orange Salsa

Oranges add a bit of sweetness that pairs well with ripe acidic tomatoes. Jicama adds a neutral flavor but lots of crunch (as well as a good portion of the gut-friendly prebiotic fiber inulin). You can substitute extra bell pepper or some celery for a similar texture, or skip it altogether.

makes 4½ cups

## INGREDIENTS

4 medium-size (1½ pounds)  
tomatoes, seeded and chopped  
1 cup finely chopped jicama  
½ red bell pepper,  
finely chopped  
¼ small red onion,  
finely chopped  
3 tablespoons fresh lime juice  
1 teaspoon ground cumin  
2 teaspoons chopped  
canned chipotle peppers  
in adobo sauce  
1 teaspoon orange zest  
2 navel oranges, peeled and cut  
into segments  
¼ cup chopped fresh cilantro  
1 teaspoon salt

Combine tomatoes, jicama, bell pepper, onion, lime juice, cumin, and chipotle peppers in a large bowl, stirring until well blended. Stir in zest, orange segments, cilantro, and salt. Cover and chill until ready to serve.



# Restaurant-style Salsa

.....

I call this salsa “restaurant-style” because I blend the ingredients into a somewhat smooth texture, similar to the bowls of sauce placed on tables with crisp tortilla chips. The canned tomatoes are a great shortcut and ideal when fresh tomatoes are out of season and bland. It still has a bright, fresh flavor with the addition of cilantro and lime zest. If your garden is overflowing, try this with 6 medium-size tomatoes, seeded and chopped, and a minced jalapeño.

.....

makes 5 cups

## INGREDIENTS

- 2 (14.5-ounce) cans fire-roasted whole or diced tomatoes, undrained
- 1 (10-ounce) can diced tomatoes with green chilies, undrained
- ¼ medium-size yellow or white onion
- 2 garlic cloves, coarsely chopped
- ½ cup fresh cilantro leaves
- 1 teaspoon lime zest
- 3 tablespoons fresh lime juice
- 1 teaspoon salt

Combine tomatoes, onion, garlic, and cilantro in a food processor; blend until very finely chopped. Add zest, juice, and salt; pulse until well blended.

Transfer to a bowl. Cover and refrigerate until well chilled. Stir just before serving.





# Tomato-Olive Relish

.....

This unique mixture makes an interesting dip when served with pita chips.

Try it as a flavorful topping to jazz up grilled chicken or plain fish.

It's full-flavored, so the relish works well with bold seafood such as grilled sockeye salmon.

.....

makes 3½ cups

## INGREDIENTS

1 (15-ounce) can pitted ripe  
black olives, drained  
1 cup pimento-stuffed  
green olives  
¼ cup chopped yellow onion  
2 tablespoons drained capers  
3 small garlic cloves, chopped  
¼ teaspoon crushed red  
pepper flakes  
2 teaspoons chopped fresh  
oregano or basil  
1 tablespoon red wine vinegar  
3 large tomatoes, seeded and  
coarsely chopped

Combine black and green olives, onion, capers, garlic, red pepper flakes, oregano, and vinegar in a food processor; pulse until coarsely chopped. Add tomatoes; pulse until evenly blended.





# Caponata

.....

Caponata shares a lot of the same ingredients with ratatouille, except that it has more of a sweet-and-sour flavor, while ratatouille is all savory. The flavors marry well when refrigerated overnight, and you can serve it chilled or at room temperature.

Use the relish as a topping for bruschetta or toasted baguette slices.

.....

makes 4½ cups

## INGREDIENTS

1 eggplant, peeled and cubed  
1 teaspoon salt  
¼ cup extra-virgin olive oil,  
divided  
1 small onion, chopped  
1 red, yellow, or orange bell  
pepper, chopped  
3 small celery stalks, thinly sliced  
2 garlic cloves, minced  
¼ teaspoon crushed red  
pepper flakes  
6 to 8 large (1½ pounds) plum  
tomatoes, seeded and chopped  
2 tablespoons tomato paste  
2 tablespoons sherry or red  
wine vinegar  
¼ cup golden or dark raisins  
¼ cup sliced kalamata olives  
2 tablespoons capers, rinsed  
and drained  
1 tablespoon honey  
2 tablespoons chopped  
fresh parsley  
2 tablespoons chopped fresh mint  
Toasted pine nuts (optional)

Place eggplant in a large bowl and sprinkle with 1 teaspoon salt, tossing to coat. Set aside for 20 to 30 minutes. (Meanwhile, prep the rest of the ingredients. Salting the eggplant is optional but can remove excess bitterness.) Drain the brine from the bottom of the bowl. Pat eggplant dry with paper towels.

Heat 2 tablespoons olive oil in a large skillet over medium heat. Add eggplant. Cook, stirring frequently, for 5 minutes or until eggplant is golden brown and tender. Transfer to a bowl and set aside.

Heat remaining 2 tablespoons olive oil in the same large skillet. Add onion, bell pepper, celery, garlic, and red pepper flakes. Cook, stirring frequently, for 5 to 7 minutes or until tender. Add tomatoes and tomato paste. Cook, stirring frequently, for 5 minutes or until tomatoes are tender. Stir in vinegar, raisins, olives, capers, and honey. Cook, stirring occasionally, for 5 minutes or until liquid evaporates and mixture is thick. Stir in reserved eggplant, parsley, and mint.

Let cool to room temperature. Add additional salt, if necessary. Serve at room temperature or chilled. Sprinkle with pine nuts, if desired.

# Index

## A

### appetizers and breads

- Bacon-and-Basil-Stuffed Cherry Tomatoes, 57
- Candied Tomato and Goat Cheese Bruschetta, 59
- Marinated Cherry Tomatoes, 55
- Sun-Dried Tomato-Asiago Rolls, 69
- Tomato-Cheddar Quick Bread, 65
- Tomato Shortbread, 63
- Tomato Toasts with Pesto and Panko, 61
- Upside Down Tomato-Bacon Cornbread, 67
- Artichoke-and-Creamed Spinach-Stuffed Tomatoes, 109

## B

### bacon

- and-Basil-Stuffed Cherry Tomatoes, 57
- Undone BLT Salad, 77

### Baked Three-Tomato Ziti, 121

### basil

- Bacon-and-Basil-Stuffed Cherry Tomatoes, 57
- Pesto Sauce, 61
- Sun-Dried Tomato Pesto, 49

### beans

- Tomato and Black-eyed Pea Salad, 83

### beef

- Beefsteak Tomato, Beef Steak, and Blue Cheese Salad, 91
- Tomato-Short Rib Pasta Sauce, 43

### beefsteak tomatoes

- about, 15
- Beef Steak, Blue Cheese Salad, and, 91

### bell peppers

- Roasted Tomato Romesco Sauce, 45

### beverages

- Cajun Bloody Mary, 71
- Black-eyed Pea Salad and Tomato, 83
- Bloody Mary, Cajun, 71
- BLT Salad, Undone, 77
- breads. *See* appetizers and breads
- Bruschetta, Candied Tomato and Goat Cheese, 59
- Buttermilk Dressing, Herbed, and Fresh Tomatoes, 75

## C

- Cajun Bloody Mary, 71
- Candied Tomato and Goat Cheese Bruschetta, 59
- canned vs. processed tomatoes, 18–19
- Caponata, 33
- cheese

- Beefsteak Tomato, Beef Steak, and Blue Cheese Salad, 91
- Candied Tomato and Goat Cheese Bruschetta, 59
- Cheesy Tomato Grits, 123
- Cheesy Tomato-Squash Tart, 131
- Mixed Heirlooms with Walnut-crusted Fried Goat Cheese, 85
- Sun-Dried Tomato, Spinach, and Cheese Cups, 117
- Sun-Dried Tomato-Asiago Rolls, 69
- Tomato and Three-Cheese Quiche, 129
- Tomato-Cheddar Quick Bread, 65
- Tomato Mac 'n' Cheese, 113
- Tomato-Ricotta Tart, 127

### cherry tomato(es)

- about, 15
- Bacon-and-Basil-Stuffed, 57
- Marinated, 55
- Pasta Sauce, 41
- Corn-and-Tomato, Roasted, Soup, 99

Cornbread, Upside Down Tomato-Bacon, 67  
Crab Salad, Tomato-, 87  
Creamed Spinach-and-Artichoke-Stuffed  
Tomatoes, 109  
crushed tomatoes, 18

## D

determinate vs. indeterminate tomato plants, 14  
diced tomatoes, 18  
dressings. *See* salads  
dwarf tomatoes, 14

## E

eggplant  
Caponata, 33  
Layered Ratatouille Skillet Casserole, 115  
entrées. *See* sides and entrées

## F

Fish Chowder, Manhattan, 103  
Fresh Tomato Bisque, 97  
Fried Green Tomatoes, 107

## G

Garden Gazpacho, 95  
Garlic Butter, Roasted, and Sun-Dried Tomato, 51  
Gazpacho, Garden, 95  
grape tomatoes, 15  
Greek Tomato Salad, 29  
green tomato(es)  
about, 16  
Fried, 107  
Pie, 133  
Grilled Panzanella Salad, 89  
Grits, Cheesy Tomato, 123  
growing tomatoes, 11–13

## H

heirloom tomatoes  
about, 13, 16  
Mixed Heirlooms with Walnut-crusted  
Fried Goat Cheese, 85  
Herbed Buttermilk Dressing and Fresh Tomatoes, 75  
hybrid tomatoes, 13–14

## I

Insta-fresh Tomato Sauce, 39

## J

Jam, Tomato, 47  
Jicama-Orange Salsa, Smoky, 27

## L

Layered Ratatouille Skillet Casserole, 115

## M

Manhattan Fish Chowder, 103  
Marinated Cherry Tomatoes, 55  
midget tomatoes, 14

## N

nutrition, 20  
nuts  
Mixed Heirlooms with Walnut-crusted  
Fried Goat Cheese, 85  
Pesto Sauce, 61  
Roasted Tomato Romesco Sauce, 45  
Sherry-Walnut Vinaigrette, 85  
Sun-Dried Tomato Pesto, 49

## O

Olive-Tomato Relish, 31  
Orange-Jicama Salsa, Smoky, 27

## P

Panko, Tomato Toasts with Pesto and, 61  
Panzanella Salad, Grilled, 89  
parsley  
    Chimichurri Vinaigrette, 81  
pasta  
    Baked Three-Tomato Ziti, 121  
    Summer Vegetable Minestrone, 101  
    Tomato Mac 'n' Cheese, 113  
paste, tomato, 19  
patio tomatoes, 14  
pear tomatoes, 15  
peeling tomatoes, 20–21  
Pesto, Sun-Dried Tomato, 49  
Pesto and Panko, Tomato Toasts with, 61  
Pesto Sauce, 61  
Pico de Gallo, 25  
pies and tarts  
    Cheesy Tomato-Squash Tart, 131  
    Green Tomato Pie, 133  
    Tomato and Three-Cheese Quiche, 129  
    Tomato-Ricotta Tart, 127  
Pizza Sauce, Quick Fresh, 37  
planting and growing tomatoes, 11–13  
plum tomatoes, 15  
processed vs. canned tomatoes, 18–19  
purchasing ripe tomatoes, 15–17  
purchasing tomato plants, 13–14  
puree, tomato, 19

## Q

Quiche, Tomato and Three-Cheese, 129  
Quick Fresh Pizza Sauce, 37

## R

Ratatouille Skillet Casserole, Layered, 115  
Relish, Tomato-Olive, 31  
Restaurant-style Salsa, 29  
Rice, Simple Stovetop Red, 111  
ripening stages of tomatoes, 17  
Roasted Tomato-and-Corn Soup, 99  
Roasted Tomato Romesco Sauce, 45

## S

salads  
    Beefsteak Tomato, Beef Steak, and  
        Blue Cheese Salad, 91  
    Greek Tomato Salad, 79  
    Grilled Panzanella Salad, 89  
    Herbed Buttermilk Dressing and  
        Fresh Tomatoes, 75  
    Mixed Heirlooms with Walnut-crusted  
        Fried Goat Cheese, 85  
    Tomato and Black-eyed Pea Salad, 83  
    Tomato-Crab Salad, 87  
    Tomato-Watercress Salad with Chimichurri  
        Vinaigrette, 81  
    Undone BLT Salad, 77  
San Marzano-style tomatoes, 19  
sauces and salsas  
    Caponata, 33  
    Insta-fresh Tomato Sauce, 39  
    Pesto Sauce, 61  
    Pico de Gallo, 25  
    Quick Fresh Pizza Sauce, 37  
    Restaurant-style Salsa, 29  
    Roasted Tomato Romesco Sauce, 45  
    Simple Cherry Tomato Pasta Sauce, 41  
    Smoky Jicama-Orange Salsa, 27  
    Spicy Vodka Sauce, 35



- Sun-Dried Tomato and Roasted Garlic Butter, 51
- Sun-Dried Tomato Pesto, 49
- Tomato Jam, 47
- Tomato-Olive Relish, 31
- tomato sauce, about, 19
- Tomato-Short Rib Pasta Sauce, 43
- seafood
  - Manhattan Fish Chowder, 103
  - Shrimp with Cheesy Tomato Grits, 123
  - Tomato-Crab Salad, 87
- Sherry-Walnut Vinaigrette, 85
- Shortbread, Tomato, 63
- Short Rib Pasta Sauce, Tomato-, 43
- Shrimp with Cheesy Tomato Grits, 123
- sides and entrées
  - Baked Three-Tomato Ziti, 121
  - Creamed Spinach-and-Artichoke-Stuffed Tomatoes, 109
  - Fried Green Tomatoes, 107
  - Layered Ratatouille Skillet Casserole, 115
  - Shrimp with Cheesy Tomato Grits, 123
  - Simple Stovetop Red Rice, 111
  - Sun-Dried Tomato, Spinach, and Cheese Cups, 117
  - Tomato Mac 'n' Cheese, 113
  - Tomato-Zucchini Strata, 119
- Simple Stovetop Red Rice, 111
- Smoky Jicama-Orange Salsa, 27
- soups
  - Fresh Tomato Bisque, 97
  - Garden Gazpacho, 95
  - Manhattan Fish Chowder, 103
  - Roasted Tomato-and-Corn Soup, 99
  - Summer Vegetable Minestrone, 101
- sourdough bread
  - Undone BLT Salad, 77

- Spicy Vodka Sauce, 35
- spinach
  - Creamed Spinach-and-Artichoke-Stuffed Tomatoes, 109
  - Sun-Dried Tomato, Spinach, and Cheese Cups, 117
- squash
  - Cheesy Tomato-Squash Tart, 131
  - Tomato-Zucchini Strata, 119
- stewed tomatoes, 18
- storing tomatoes, 20
- Summer Vegetable Minestrone, 101
- sun-dried tomato(es)
  - about, 19
  - Asiago Rolls, 69
  - Pesto, 49
  - and Roasted Garlic Butter, 51
  - Spinach and Cheese Cups, 117

## T

- Tomato and Black-eyed Pea Salad, 83
- Tomato-and-Corn Soup, Roasted, 99
- Tomato and Goat Cheese Bruschetta, Candied, 59
- Tomato and Three-Cheese Quiche, 129
- Tomato-Asiago Rolls, Sun-Dried, 69
- Tomato-Bacon Cornbread, Upside Down, 67
- Tomato Bisque, Fresh, 97
- Tomato-Cheddar Quick Bread, 65
- Tomato-Crab Salad, 87
- tomatoes, about, 10–21
  - beefsteak, 15
  - cherry, 15
  - crushed, 18
  - determinate vs. indeterminate plants, 14
  - diced, 18
  - grape, 15

- green, 16
- heirloom, 13, 16
- hybrid, 13–14
- midget, patio, or dwarf, 14
- nutrition, 20
- paste, 19
- pear, 15
- peeling, 20–21
- planting and growing, 11–13
- plum, 15
- processed vs. canned, 18–19
- purchasing plants, 13–14
- purchasing, 15–17
- puree, 19
- ripening stages, 17
- San Marzano-style, 19
- sauce, 19
- stewed, 18
- storing, 20
- sun-dried, 19
- on the vine, 15
- vine-ripe vs. ripe, 16–17
- whole, peeled, 18
- Tomato Jam, 47
- tomato juice
  - Cajun Bloody Mary, 71
- Tomato Mac 'n' Cheese, 113
- Tomato-Olive Relish, 31
- Tomato-Ricotta Tart, 127
- Tomato Shortbread, 63
- Tomato-Short Rib Pasta Sauce, 43
- Tomato Toasts with Pesto and Panko, 61
- Tomato-Watercress Salad with Chimichurri
  - Vinaigrette, 81
- Tomato-Zucchini Strata, 119

## U

- Undone BLT Salad, 77
- Upside Down Tomato-Bacon Cornbread, 67

## V

- Vegetable Minestrone, Summer, 101
- Vinaigrette, Chimichurri, 81
- Vinaigrette, Sherry-Walnut, 85
- vine-ripe vs. ripe tomatoes, 16–17
- on-the-vine tomatoes, 15
- vodka
  - Cajun Bloody Mary, 71
  - Sauce, Spicy, 35

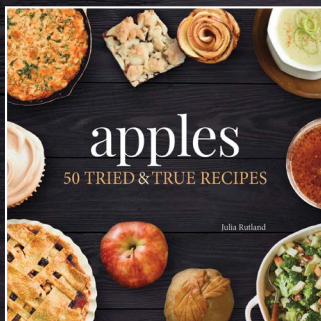
## W

- Watercress Salad, Tomato-, with Chimichurri
  - Vinaigrette, 81
- whole, peeled tomatoes, 18

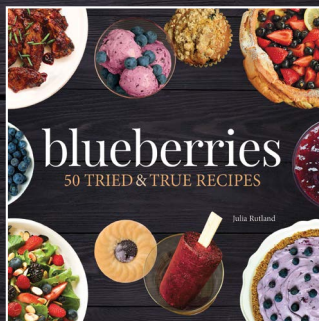
## Z

- zucchini
  - Cheesy Tomato-Squash Tart, 131
  - Tomato-Zucchini Strata, 119

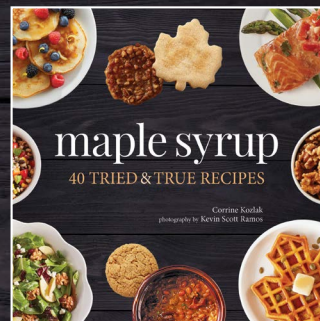
EXPLORE THE ENTIRE SERIES OF  
**Nature's Favorite Foods Cookbooks!**



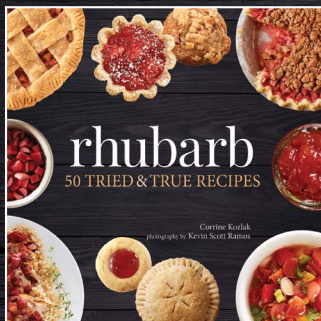
978-1-59193-907-8  
\$16.95



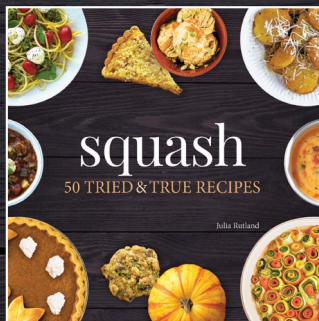
978-1-59193-847-7  
\$16.95



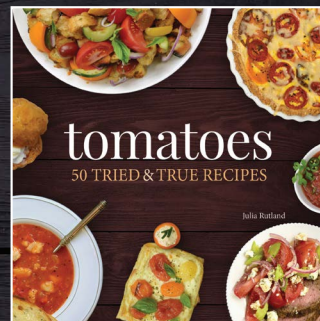
978-1-59193-931-3  
\$16.95



978-1-59193-828-6  
\$16.95



978-1-59193-909-2  
\$16.95



978-1-59193-950-4  
\$16.95

# About the Author



**Julia Rutland** is a Washington, D.C.-area writer, recipe developer, and master gardener whose work appears regularly in publications and websites such as *Southern Living* magazine, *Coastal Living* magazine, and *Weight Watchers* books. She is the author of *Discover Dinnertime*, *The Campfire Foodie Cookbook*, *On a Stick*, *Blueberries, Squash, Apples*, *Foil Pack Dinners*, and *101 Lasagnas & Other Layered Casseroles*. Julia lives in the D.C. wine country town of Hillsboro, Virginia, with her husband, two daughters, and many furred and feathered friends.



# savor the taste of summer's quintessential food

Easy to grow and delicious to eat, tomatoes flavor so many of our favorite dishes: pizza, salsa, spaghetti, BLTs—and, of course, the Bloody Mary. *Tomatoes* features 50 tried-and-true recipes for improving classic meals and discovering new food combinations. Add this cookbook to your collection, and savor the wonderful variety of dishes.

## Inside You'll Find

- 50 recipes—tested and tasted by the author, a professional food stylist
- Main dishes, pasta, soups, salads, and more
- Full-color photography from a professional food photographer
- BONUS: Tips for planting, growing, and cooking tomatoes

## Enjoy These Recipes and More:

Pico de Gallo • Simple Cherry Tomato Pasta Sauce • Cajun Bloody Mary  
Upside Down Tomato-Bacon Cornbread • Tomato and Three-Cheese Quiche  
Fresh Tomato Bisque • Shrimp with Cheesy Tomato Grits • Green Tomato Pie



PUBLICATIONS  
*Adventure*  
an imprint of AdventureKEEN

ISBN 978-1-59193-950-4 \$16.95 U.S.



5 1 6 9 5

COOKING / SPECIFIC INGREDIENTS