

1947

EC9978 Tomato Tips

Follow this and additional works at: <http://digitalcommons.unl.edu/extensionhist>

"EC9978 Tomato Tips" (1947). *Historical Materials from University of Nebraska-Lincoln Extension*. 2943.
<http://digitalcommons.unl.edu/extensionhist/2943>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

5
85
E7
#9978
c.1

TOMATO TIPS

Eat Tomatoes Today

For flavor, food value and the attractive note of its bright red color the tomato is "tops" in many meals. One good-sized, vine-ripened tomato will give you about half your day's quota of vitamin C, as well as a generous amount of vitamin A. To get the most good from tomatoes, eat them raw but keep in mind they hold a large share of their vitamins even when cooked or canned.

Preparation and Cooking

Keep tomatoes in a cool place.
To peel tomatoes, dip in hot water 1 to 2 minutes then quickly into cold water.
If preferred, run the top of a fork into the tomato and rotate over a flame until the skin wrinkles slightly. Chill before serving.

Tomatoes - Raw

Fresh Tomato Juice Cocktail

Use very red, ripe tomatoes. Wash and chop them. Extract the juice by forcing through a fine sieve. Add salt, a little raw onion and lemon juice and horseradish to taste.

Stuffed Tomato Salad

- | | |
|------------------------------------|------------------------------------|
| 6 medium-sized chilled tomatoes | 1 teaspoon salt |
| $\frac{1}{3}$ cup chopped celery | Pepper |
| $\frac{1}{2}$ cup chopped cucumber | 2 hard-cooked eggs, chopped |
| 1 tablespoon minced onion | 2 tablespoons mayonnaise or cooked |
| 1 tablespoon chopped green pepper | salad dressing |

Wash tomatoes and remove stem ends. Scoop out center, leaving a shell about $\frac{1}{4}$ inch thick. Turn upside down on plate to drain. (Use juice in soups or sauces.) Dice tomato pulp and combine with other ingredients. Stuff tomatoes. Serve on lettuce or other salad greens.

Variations - Prepare tomatoes for stuffing. Chill and fill the hollows with any of the following ingredients moistened with salad dressing:

- | | |
|---------------|----------------|
| Cole slaw | Fish salad |
| Cucumbers | Cottage cheese |
| Chicken salad | Celery |

Tomato Ring Salad

- | | |
|----------------------------------|-----------------------------------|
| $2\frac{1}{2}$ cups tomato juice | 1 teaspoon lemon juice |
| 1 small bay leaf | 1 package lemon-flavored gelatine |
| 3 or 4 whole cloves | 1 cup finely cut celery |
| 2 slices onion | 1 cup shredded cabbage |
| Salt and pepper to taste | |

UNIVERSITY OF NEBR.
LIBRARY
NOV 21 1947
DOCUMENTS
ROOM

8466
E.C.

Simmer tomato juice, bay leaf, cloves, and onion 15 minutes; strain; add seasonings and lemon juice. Measure 2 cups liquid; pour over gelatine and stir until dissolved. Chill until partially set; add celery and turn into ring mold; chill until firm. Unmold; garnish with parsley and fill center with shredded cabbage, seasoned with salt, pepper, sugar, lemon juice, and mayonnaise. Serves 6.

Other Tomato Salad Suggestions

1. Sliced tomato and cucumber.
2. Sliced tomato, cucumber, and cottage cheese.
3. Diced tomatoes, cooked kidney beans, chopped celery, chopped pickle, minced onion, salt and pepper. Moisten with salad dressing.
4. Chopped tomato, shredded cabbage and salad dressing.
5. Diced tomato, raw spinach, onion, grated carrots, and salad dressing.

Tomatoes - Cooked

Clear Tomato Soup

$1\frac{1}{2}$ quarts fresh or canned tomatoes	1 tablespoon flour
$\frac{1}{2}$ bay leaf	1 teaspoon sugar, if desired
$\frac{1}{4}$ cup chopped onion	1 teaspoon salt
4 cloves	Pepper
1 tablespoon fat, melted	

Cook together the tomatoes, bay leaf, onion, and cloves--about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Blend the fat, flour, and sugar (if used); gradually add the cooled, sieved tomatoes. Cook over low heat, stirring constantly for about 5 minutes. Season with salt and pepper. If desired, sprinkle with finely chopped parsley and serve with toasted bread cubes. Six servings.

Cream of Tomato Soup

$3\frac{1}{2}$ cups fresh or canned tomatoes	3 tablespoons flour
$\frac{1}{4}$ cup chopped onion	$\frac{1}{2}$ teaspoon sugar, if desired
2 tablespoons fat	3 cups milk
	1 teaspoon salt

Cook together the tomatoes and onion--about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Melt the fat; blend in flour and sugar (if used). Gradually add cooled, sieved tomatoes. Cook over low heat, stirring constantly, until thickened. Gradually add tomato mixture to milk, stirring constantly. Heat slowly to serving temperature. Add salt. Serve at once. Six servings.

Corn and Tomato Soup

Add 1 cup canned corn, cream-style, to 2 cups ready-to-serve cream of tomato soup, or tomato puree diluted with milk; season to taste.

Baked Stuffed Tomatoes

Select firm ripe tomatoes of uniform size and shape, allowing 1 for each serving. Wash and remove thin slice from stem end. Remove seeds and pulp, leaving a shell about $\frac{1}{2}$ inch thick; reserve pulp if filling calls for addition of tomato pulp. Sprinkle inside with salt and let stand upside-down about 10 minutes.

Stuff as directed below. Place in a shallow baking dish. Bake in a moderate oven (375° F.) about 30 minutes or until browned.

Bacon Stuffing

1/3 cup diced bacon	1 tablespoon chopped parsley
2 tablespoons chopped onion	(optional)
1 cup stale bread crumbs or cubes	Salt and pepper
1/4 cup buttered crumbs	

Cook bacon slightly; add onion and cook about 5 minutes or until bacon is crisp and onion is soft. Add stale bread crumbs, parsley and tomato pulp. Season to taste. Fill tomato shells. Sprinkle with buttered crumbs. Makes enough stuffing for six tomatoes.

Rice and Cheese Stuffing

1 cup medium white sauce	Salt and pepper
1 cup grated cheese	1/4 cup buttered crumbs
2 cups cooked rice	

To hot white sauce add grated cheese; stir over low heat until cheese is melted. Add rice. Season to taste. Fill tomato shells. Sprinkle with buttered crumbs. Makes enough stuffing for six tomatoes.

Baked Tomato Slices with Peppers and Onions

Tomatoes	Chopped onions
Salt	Salt and pepper
Brown sugar	Butter
Chopped green peppers	Rounds of toast

Wash the tomatoes and cut them crosswise into halves. Season them with the salt and brown sugar. Place them in a greased pan. Cover the tops closely with the chopped green peppers and onions. Season them with the salt and pepper. Place on each slice 1/2 tablespoon butter. Bake the tomatoes in a moderate oven at 350° F. for about 30 minutes. Place them on rounds of toast. These make an attractive garnish for a meat platter.

Scalloped Tomatoes

1/4 cup minced onion	1 teaspoon salt
4 tablespoons melted butter or margarine	1/4 teaspoon pepper
2 1/4 cups soft bread crumbs	Dash cayenne pepper
1/2 teaspoon granulated sugar	3 1/2 c. canned tomatoes

Saute the onion in 3 tablespoons of the butter until onion is tender. Combine onion, 2 cups of the bread crumbs, the sugar, salt, pepper and cayenne. Arrange a layer of tomatoes in the bottom of a greased or oiled 1 1/2 quart casserole. Top with a layer of the bread crumb mixture. Continue until all is used, having a layer of tomatoes on top. Combine remaining 1/2 cup bread crumbs with the remaining 1 tablespoon butter, and sprinkle over the top of the casserole. Bake in a moderately hot oven of 375° F. for 45 minutes. Serves 5 or 6.

Green Tomato Pie

6 to 8 medium-sized tomatoes
2 tablespoons lemon juice
1 teaspoon grated lemon or
orange rind
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon cinnamon
 $\frac{3}{4}$ cup sugar
2 tablespoons cornstarch
1 tablespoon table fat
pastry

Wash, remove stem ends, and slice the tomatoes. Combine with lemon juice, lemon or orange rind, salt, and cinnamon. Cook 15 minutes, stirring frequently. Mix sugar and cornstarch; add to tomato mixture and cook until clear, stirring constantly. Add fat. Cool slightly, then pour into a 9-inch pie plate lined with pastry. Cover with pastry and seal edges. Bake in a hot oven (425° F.) 40 to 50 minutes.

Ripe Tomato Marmalade

3 quarts (about 18 to 20 medium-
sized) sliced; peeled tomatoes
6 cups sugar
1 teaspoon salt
2 oranges

2 lemons
2 cups water
4 sticks cinnamon (about 2-to
3-inch pieces)
2 teaspoons whole cloves

Combine tomatoes, sugar, and salt. Peel oranges and lemons. Slice peel very thin, boil in the water 5 minutes, and drain. Slice orange and lemon pulp and remove seeds. Add with rind to tomato mixture. Put spices loosely in a thin, white cloth; tie top tightly; and add to tomato mixture. Heat slowly to boiling; then cook rapidly, stirring constantly, for 45 to 60 minutes or until thickened. Remove spice bag. Pour marmalade into hot, sterile jars. Seal. Store in a cool, dry, dark place. Makes about 6 pints.