

1966

EC66-942 Using Home Grown Tomatoes

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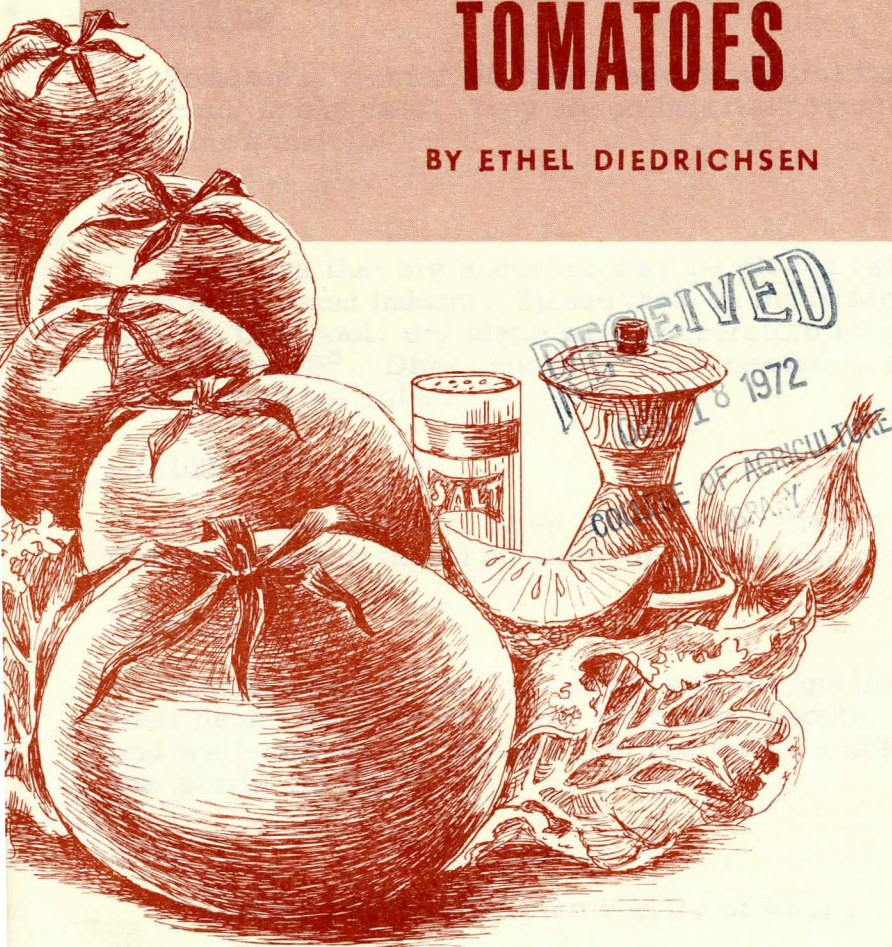
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EC 66-942

using HOME GROWN TOMATOES

BY ETHEL DIEDRICHSEN



Extension Service
University of Nebraska College of Agriculture and Home Economics
and U. S. Department of Agriculture Cooperating
E. F. Frolik, Dean J. L. Adams, Director



USING HOME GROWN TOMATOES

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Extension Specialist, Food and Nutrition

Food Value

Tomatoes, canned or fresh, add delightful flavor and color to any meal. They are an important source of vitamins A and C.

Ripening

Tomatoes that are underripe may be picked before frost and ripened indoors. Spread them on the basement floor or in a cool, dry place with temperature ranging from 60° to 70°. Direct sunlight is not needed to produce a good red color.

Storing

Fresh ripe tomatoes keep best in the refrigerator. Canned tomatoes should be stored in a cool, dry place.

Selection

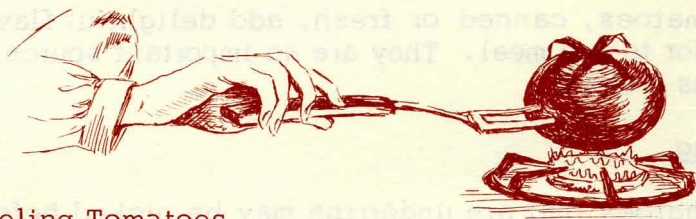
Select tomatoes for their color and the quality of their flesh. Look for those that are plump, smooth, firm and well-shaped. Tomatoes that are meaty and have few seeds are best.

Uses

Tomatoes may be used in a variety of ways.

1. Fresh whole - for picnics and packed lunch.
2. Salad - in slices, wedges or whole stuffed.

3. Cooked - stewed, fried, baked or broiled.
4. Soups - with milk, vegetables or clear spiced.
5. Main dishes - with fish or meat, in stews and casserole mixtures.
6. Sauces - for fish, poultry, vegetables, cheese, spaghetti or egg dishes.
7. Juice for any meal or party snack.
8. Relishes, chili sauce, chowchow, catsup and paste.



Peeling Tomatoes

Tomatoes may be peeled in several ways. To peel one or two tomatoes, stroke the skin with the dull edge of a knife blade until the skin is loosened and can be removed -- or pierce the tomato with a fork and rotate over a burner until the skin is tight and shiny. Dip in cold water and peel.

Larger quantities of tomatoes may be dipped in boiling water for 1 minute, then cooled in cold water. Slip off the skins with your fingers.

Cherry Tomatoes

The small, round cherry tomato is becoming increasingly popular. It has a distinctive taste and good red color. It makes an attractive addition to a salad when used either whole or cut-up.

Cherry tomatoes can be frozen successfully. Drop them into warm water for 5 minutes when you take them from the freezer. Add them to salads and serve immediately.

RECIPES

Scalloped Tomatoes

- | | |
|--------------------------|--------------------------|
| 1 teaspoon grated onion | 2 cups cooked tomatoes |
| 1 tablespoon brown sugar | 3 or 4 slices toast, cut |
| 1 teaspoon salt | in cubes |
| 1/4 teaspoon pepper | 1/4 cup melted butter |
| 1/4 teaspoon basil | |

Combine onion, brown sugar, salt, pepper and basil with tomatoes. Alternate tomatoes and toast cubes in greased casserole, having toast for top layer. Pour butter over top and bake in 375° oven about 20 minutes. Makes 6 servings.

Baked Stuffed Tomatoes

- | | |
|------------------------------|-----------------------|
| 6 tomatoes | 1/2 cup chopped onion |
| 1 package frozen corn | 1 teaspoon salt |
| 3 tablespoons butter | 1/4 teaspoon pepper |
| 1/3 cup chopped green pepper | 1/4 cup bread crumbs |

Cut tops off the tomatoes, scoop out pulp and dice. Turn tomatoes upside down to drain. Brown corn in butter with green pepper and onion. Add salt and pepper, bread crumbs and 1/3 cup tomato pulp to the corn mixture. Season tomato shells with salt and pepper, fill with corn mixture, and bake at 350° for 15 to 20 minutes. Makes 6 servings.

Hot Tomato Sip

- | | |
|----------------------|-----------------------------------|
| 6 cans consomme | 1 1/2 teaspoon salt |
| 8 cups tomato juice | 1 1/2 teaspoon sugar |
| 1 lemon, sliced thin | 3/4 teaspoon monosodium glutamate |
| 18 cloves | |
| 1/2 teaspoon basil | |

Combine ingredients and bring to a boil. Simmer for five minutes. Strain and serve hot for appetizer. You may add 6 tablespoons sherry just before serving if you like. Makes about 18 cups.



Stuffed Tomato Salads

Peel tomatoes, scoop out stem end of each; add $\frac{1}{4}$ teaspoon salt, invert and chill. Drain. Stuff with your favorite cabbage, chicken, egg, fish or seafood salad. Serve on lettuce, watercress or other salad greens.

Uncooked Tomato Relish

18 medium ripe tomatoes	2 $\frac{1}{2}$ cups sugar
2 stalks celery	$\frac{1}{2}$ teaspoon pepper
2 green peppers	$\frac{1}{2}$ teaspoon cloves
2 sweet red peppers	2 teaspoons cinnamon
4 medium onions	3 tablespoons whole
$\frac{1}{2}$ cup ground horse-	mustard seed
radish	3 cups cider vinegar
$\frac{1}{3}$ cup salt	

Scald tomatoes, remove skins and as many seeds as possible. Chop into small pieces. Grind celery, peppers and onions. Combine vegetables, horseradish and salt; let stand overnight in refrigerator. Drain and discard liquid. Add sugar, spices, mustard seed and vinegar to relish and mix well. Pack in jars, seal and store in refrigerator. Makes about 8 pints.

Green Tomato Mincemeat

18 large green tomatoes	2. teaspoons grated
6 tart apples	orange peel
2 cups raisins	$\frac{1}{2}$ cup vinegar
4 cups brown sugar	1 teaspoon salt
2 cups strong coffee	1 teaspoon nutmeg
1 lemon (grated peel	1 teaspoon allspice
and juice)	

Core and quarter tomatoes and apples, grind with raisins. Combine all ingredients in large saucepan. Simmer for 2 hours, stirring often. Pack in hot pint jars. Adjust lids and process in boiling water bath for 25 minutes. Makes about 10 pints.

