

The Tomato Recipe Guide *Summer 2020*



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM



Salsa Roja

Ingredients:

1 ½ pounds tomatoes, roughly chopped
½ onion, quartered
1 jalapeño, seeds removed
2 garlic cloves
1/3 cup cilantro
½ lime, juiced
salt to taste

Directions:

Preheat your oven to 400F. Roast the tomatoes on the middle rack of the oven for 20 minutes or until charred. Sprinkle with salt. Place the tomatoes and all the remaining ingredients in a food processor and pulse a few times. Add salt if needed.

Tomatillo Taqueria Style Salsa

Ingredients:

1 pound tomatillos, husk removed and washed
4 cloves garlic, peel on
2 tablespoons honey
1 small onion, peeled and quartered
1-2 serrano pepper, seeded
1 lime, juiced
½ cup cilantro, chopped
salt to taste
olive oil
1 ripe avocado (optional)

Directions:

Heat a cast iron skillet or griddle over high heat. Place the tomatillos, serrano peppers, onion and garlic in a hot skillet roasting until slightly charred and blistered. Allow the garlic to cool slightly before removing the peel. Transfer the ingredients to a blender or food processor. Add the remaining ingredients to the blender. Puree until smooth. The tomatillos will release a lot of juice so you may not need the olive oil but if the salsa is too chunky for your taste, add olive oil a little at a time until you get the consistency you prefer. Salt to taste.

Tomatillo Corn Salsa

Ingredients:

2 pounds tomatillos, husks removed and washed
1 ear corn
1 red or white onion, quartered
1-2 jalapeños
3 garlic cloves, with peel on
1 handful fresh cilantro leaves, chopped, plus more for garnish
½ teaspoon cumin
1 lime, juiced
salt to taste

Directions:

Set your oven to broil. Place the tomatillos, corn, jalapeño and garlic on a parchment lined baking sheet and set it on the bottom rack of the oven. If you're a beginner at making salsa, this method will allow you to have some control over how long the ingredients take to roast without burning. Broil for 7 minutes. With a pair of tongs, turn over all the items on the tray. Give the garlic a little squeeze with the tongs. If it gives, go ahead and remove them. Place the sheet back in the lower rack and broil for another 4-5 minutes. Remove the jalapeño and corn. Place the sheet back in the oven until the tomatillos are blistered and soft. About another 3-5 minutes. Remove the corn kernels from the cob with a knife. Squeeze the garlic out of the peel. Place all the ingredients except for the corn in a food processor. Blend until slightly chunky. Pour into a bowl and fold in the corn. Serve with chips or as a sauce for chicken or pork chops.

Roasted Tomatillo Salsa

Ingredients:

4 medium tomatillos, husks removed and rinsed
1 jalapeño, stem removed
2 cloves garlic, peeled
6 sprigs cilantro, thick stem removed, chopped
1 white onion, peeled and quartered
¼ cup water
1 teaspoon salt

Directions:

Preheat your broiler and move your oven rack to about 4-5 inches from the broiler. Place the whole tomatillos, jalapeño, garlic and onion quarters on a rimmed baking sheet lined with aluminum. Place under the broiler for 4-5 minutes or until tomatillos become black and blotchy. Flip everything over and then return them to the broiler for another 4-5 minutes. Remove and allow to cool to room temperature.

Once cooled place everything, including all the juice that has leaked out, into a blender. Add the chopped cilantro and water and blend on high for about 20 seconds. Remove from the blender and season with salt to taste.

Tips

If your oven does not have a broiler, roast at 450 degrees. If your broiler runs extremely hot, just add the garlic to the second wave of the broiling vegetables. This will prevent the garlic from scorching too much. The other vegetables are fine to burn slightly and encouraged. Feel free to add more jalapeños or use serrano peppers for a spicier kick. Serve with chips and margaritas.

Grilled Onion Pico de Gallo

Ingredients:

2 large ears corn, husks still attached
1 small red onion, cut into quarters
3 ripe tomatoes, seeds removed and diced
1 serrano pepper, seeded and minced
salt and pepper to taste
1 lime, juiced
1/3 cup fresh cilantro, chopped
olive oil

Directions:

Set your grill to medium high heat setting. Place the red onion segments on a piece of foil and drizzle with olive oil. Wrap the onion in the foil and place it on the grill rack. Preferably in a corner where it's out of the way so you can work with the corn as well.

Place the ears of corn on the grill with the husk still intact. Grill both the corn and onion for about 10 minutes, rotating every few minutes with tongs to allow even grilling. Transfer the ears of corn to a plate and allow to cool for a couple minutes. Peel the husk removing as much of the fibers as you can. Place the ears back on the grill for 2 to 3 minutes. Rotate with tongs until the corn has developed a slight char. Then remove from the grill. Remove the onion from the grill as well, but leave it in the foil for now.

Holding the corn by the husk, take a knife and remove the corn off the cob. Place in a medium size bowl. Add the diced tomato, serrano pepper, lime juice, and cilantro. Dice the grilled onion and add it to the other ingredients. With a small spatula fold the ingredients until just combined. Taste and adjust seasonings as needed, adding salt, pepper or lime juice to your liking.





Tomato Spaghetti Sauce

Ingredients:

2 pounds plum tomatoes
2 cloves garlic, crushed
1 tablespoon sugar
salt to taste
¼ cup olive oil
5 basil leaves, chopped

Directions:

Bring a pot of water to a boil. Score an x at the ends of each tomato. Carefully drop them into the boiling water for 1-2 minutes so the skins loosen. Transfer the boiled tomatoes to a bowl of cold water. Remove the skins. Pulse the tomatoes in a blender. Set aside.

In a wide rimmed pan, heat olive oil over medium heat and sauté the garlic until lightly browned. Add the tomatoes, sugar and 2 teaspoons of salt. Adjust heat to a low medium setting. Cook the tomatoes for 50 minutes. Add basil, and cook for another 10 minutes. Remove from heat. Add salt if needed. Serve over pasta.

Pipian Verde (Green Mole Sauce)

Ingredients:

5 pounds tomatillos
2 onion, quartered
2 cups pepitas (pumpkin seeds)
3 poblano peppers, roasted and peeled
2 teaspoons cumin
6 garlic cloves
2 bay leaves
1 tablespoon oregano
salt and pepper to taste
vegetable oil or lard
chicken broth (optional)

Directions:

Roast pepitas on a griddle or nonstick pan. Be careful not to burn the seeds. Some seeds will be much darker than others, this is expected. Transfer the pepitas to a blender or food processor. Set aside.

In a pot, lightly drizzle 2-3 tablespoons of oil or lard (allow to melt). Add the tomatillos, onion and garlic cloves. Turn each piece a few times so they brown evenly. As each piece is ready, transfer to the food processor. Garlic will be ready first, then the onion. The tomatillos will take about 15 minutes. Add poblano peppers to the processor as well, blending all the ingredients until smooth. (Depending on the size of your food processor, you may have to do this in batches). Pour the pepita tomatillo mixture back into the pot. Bring to a simmer, add seasonings and bay leaves. Let cook for 15 minutes. Add water or chicken broth if the sauce is too thick for your taste. Season with salt and pepper to taste. Pour over prepared chicken or rice.

*If you're using this as a vegetarian mole, you can use vegetable broth or water from any vegetables you may have steamed to go with this mole but it isn't necessary. This sauce has plenty of flavor on its own.

Peperonata Sauce

Ingredients:

5-6 sweet bell peppers, cored, cut into strips
1 pound tomatoes, roughly chopped
1 onion, thinly sliced
2 cloves garlic, minced
salt and pepper to taste
1 lemon
1 bay leaf
½ bunch oregano
½ bunch basil
½ cup water
½ cup olive oil
½ cup white wine
chopped parsley for garnish

Directions:

Heat the olive oil over medium high heat. Add the onions, sautéing until translucent. Add the garlic and sauté until fragrant. Add the peppers and tomatoes. Sprinkle with a couple pinches of salt and pepper. Sauté for a couple minutes. Add the white wine and bay leaf. Allow the peppers to simmer until the wine has reduced to half. Add a couple more pinches of salt and pepper, water and herbs. Lower heat to medium and allow the mixture to simmer for 20 minutes. Taste, add salt and pepper if needed. Squeeze the lemon over the peperonata sauce. Serve over pasta and garnish with chopped parsley.

Harissa Sauce

Ingredients:

2 red bell peppers, cored
1-2 red jalapeños, seeded and stems removed
1 teaspoon salt
1 roasted whole tomato or 1 tablespoon tomato paste
4 cloves garlic
½ teaspoon dried mint
½ teaspoon cumin seeds
½ teaspoon cinnamon
½ teaspoon coriander seeds
½ teaspoon caraway seeds
olive oil

Directions:

Preheat your oven to 350F. Place the bell peppers, jalapeños and tomato on a parchment lined baking sheet and bake for 20 minutes or until the peppers begin to char slightly and blister.

In a small saucepan over medium high heat, toast the cumin, coriander and caraway seeds until aromatic. Give the pan a gentle shake every few seconds so the seeds don't burn. This will take about 2 minutes. Place the toasted seeds and garlic in a mortar and pestle, crushing into a paste. Process all ingredients and ¼ cup olive oil in a food processor and process until chunky. Place in container. Top with more olive oil.





Chile Verde Cornbread

Ingredients:

- 1 large tomatillo, sliced very thin
- ½ cup tomatillo salsa
- 3 cups corn meal
- 1 cup flour
- ½ cup sugar
- 1 cup kernel corn
- 1 tablespoon salt
- 1 tablespoon baking powder
- 2 teaspoons baking soda
- 3 cups whole milk
- 4 eggs, room temperature
- ¼ cup lard or butter, melted
- 1 cup shredded Monterrey jack cheese (optional)

Directions:

Heat your oven to 400F. Grease a 9x13 inch baking pan. Set aside.

In a large mixing bowl, whisk all the dry ingredients. In a separate mixing bowl, beat all the wet ingredients together except for the cheese and tomatillo slices. Pour the wet ingredients in to the dry ingredients, mixing until just combined. Do not over mix. Pour the batter into the prepared baking sheet. Sprinkle the cheese evenly over the batter. Then arrange the tomatillo slices evenly over the cheese. If you have extra cornmeal, sprinkle a little lightly over the tomatillos. Bake on the center rack for 30-35 minutes or until a toothpick inserted comes out clean.

Tomato Basil Bread

Ingredients:

¼ cup warm water (110 to 115 degrees)
1 teaspoon white sugar
10 ounces warm tomato soup (110 to 115 degrees)
1 envelope active dry yeast (¼ ounce)
¼ cup minced fresh basil or 2 tablespoons dried basil
¼ cup grated Parmesan cheese
2 tablespoons tomato paste
1 tablespoon brown sugar
1 tablespoon olive oil
1 teaspoon salt
2 ½ cups bread flour plus extra for kneading
extra olive oil or cooking spray

Directions:

Preheat your oven to 350F. Prep ahead: Prepare a clean section of your counter or a large wood cutting board by dusting with a small handful of flour. This will be the area you use for kneading the dough.

Grease and flour a bread loaf pan. Set aside. Grease a large mixing bowl with cooking spray or vegetable oil. Set aside.

In a separate large mixing bowl, combine the warm soup, tomato paste, and warm water. Be sure the water is just the right temp. If it's too hot, it will kill the yeast. Add the yeast and sugars. Stir until just dissolved. Add basil, parmesan cheese, olive oil, and salt until just combined. Lastly, add the flour to form a ball.

Turn the dough onto the clean floured surface; knead until smooth and firm, adding flour a little at a time as needed. Place the dough in the greased bowl, turning a couple times so the top and sides of the dough are greased as well. This will help the dough from drying out. Cover with a large clean dish towel. Set the bowl in a warm place until the dough is doubled in size, about 1 hour or so.

Once it has doubled in size, punch the dough down and knead for a minute, shaping into a loaf. Place in the prepared loaf pan. Cover with the dish towel and let rise again until it has filled in the loaf pan, about 45 minutes.

Bake for 35-40 minutes or until golden brown. Let cool in the pan for 10 minutes. Then turn the loaf out onto a cooling rack to continue cooling.

Salmorejo Soup (cold tomato soup)

Ingredients:

10 plum tomatoes
1 medium baguette (about 2 cups)
1 cup olive oil, plus extra for garnish
2 tablespoons Sherry vinegar
1 clove garlic
1 tablespoons salt plus extra
2 hardboiled eggs, chopped
1 hardboiled egg, diced for garnish
diced Serrano ham for garnish

Directions:

Place a large pot of water over high heat with 1 tablespoon salt and bring it to a boil. Core each tomato then score an x on the bottom end of each one as well. Boil the tomatoes for 60 seconds then place in an ice water bath. The skin will loosen and is now ready for easy peeling. Place the tomatoes in a processor. Give it a few pulses to break up the tomatoes.

Gut out the baguette and tear into pieces. Add to the tomatoes. Add vinegar, salt (to taste) and garlic. Blend until the bread is completely broken down. Add the hardboiled eggs and slowly add the olive oil as you process until you get a smooth creamy texture. Garnish with diced hardboiled egg and Serrano ham.

Tomato Basil Soup

Ingredients:

3 pounds plum or Roma tomatoes
2 cups sweet onion, large chop
6-8 cloves garlic
1 red bell pepper, chopped
2 cups chopped basil leaves, plus extra for garnish
2 teaspoon dried oregano
1 tablespoon sugar
1 quart water, tomato juice or broth
olive oil
salt and pepper to taste
shredded Parmesan cheese

Directions:

Preheat your oven to 400F. Line a baking sheet with parchment paper. Cut the tomatoes in half and arrange them on the baking sheet. Drizzle with olive oil and bake for 35-45 minutes, depending on the size of the tomatoes.

In the meantime, heat a quarter cup of olive oil in a stock pot over medium heat. Add in the chopped onion and red bell pepper, cooking until onions are translucent. Reduce heat to medium low, and slow cook for about 15- 20 minutes. Stir them a few times but don't over handle them. The idea is to cook them slow enough without releasing any juices so the flavor stays within the vegetable. Smash the garlic with the side of a knife. Remove the peel and add it to the vegetables with a sprinkle of salt and pepper. Cook for another 5 minutes. Add in the water increasing the heat back up to medium. Allow the mixture to simmer uncovered until the tomatoes are ready.

Once the tomatoes are done, carefully place them in the stock pot. Add the sugar, basil and oregano. Use a submersion blender, blending the mixture until slightly chunky. Add another sprinkle of salt and pepper. Simmer for 10 minutes so the flavors come together. Serve with shredded parmesan and chopped basil over top.

*If you keep parmesan rinds on hand, this would be the time to use one of them. Add it after you've blended the soup. Once the soup has simmered for 10 minutes, use tongs or a spider to fish out what's left of the rind. Skip the shredded parmesan.

Garlic Herbed Tomatoes

Ingredients:

1 pound plum or cherry tomatoes
1 cup full bodied olive oil
3 sprigs rosemary
8-10 cloves garlic
salt to taste

Directions:

To peel, smash each clove of garlic with the flat of a chef's knife. Peel. Place the peeled garlic, olive oil, heavy pinch of salt and rosemary sprigs in a 10-inch sauté pan. Cook the mixture over low medium heat for about 5 minutes. You want to slowly heat infuse the tomatoes. If you see the oil is getting too hot lower the heat. Wave your hand about 3 inches over the pan. If you can feel the heat immediately, it's too hot. Add the tomatoes and cook for another 5 minutes. Sprinkle with salt if needed to your taste.

*Serve with a crusty bread, as a side or over chicken or pasta.

Roasted Eggplant with Romesco Sauce

Ingredients:

2-3 eggplants
olive oil
salt

Romesco Sauce

2 red bell peppers, seeds and stem removed, cut into quarters
1 tablespoon olive oil
4 plum tomatoes, quartered
1 cup almonds, raw
¼ cup Italian parsley, chopped
2 tablespoons olive oil
1 teaspoon salt
2 garlic cloves
½ lemon, juiced

Directions:

Eggplant

Preheat oven to 450 F.

Peel eggplant from stem to end. Cut into quarters lengthwise. Lay eggplant on a cooking tray and poke each one a few times with a fork. Drizzle with olive oil and season with a little salt. Roast eggplant in the oven for 20-30 or until they have gone soft inside.

Romesco Sauce

Preheat oven to 450 F.

Toss pepper in 1 tablespoon olive oil and place cut side down on a baking sheet. Roast until flesh is soft and tender and skin is blistered in spots, approx. 35 minutes. Place the peppers, tomatoes, almonds, parsley, olive oil, salt, garlic and lemon juice in a blender. Blend for about 20 seconds on high. You are looking for a semi chunky sauce. Adjust seasoning with salt if necessary.

Tomato Galette

Ingredients:

1 9-in pie crust
4 large tomatoes (the more colorful the better)
¼ cup grated parmesan cheese
1 bunch basil
Balsamic Reduction
1 egg
1 tablespoon water

Directions:

Preheat oven to 375 degrees.

Unfold dough on sheet pan with parchment paper (or if dough is homemade roll out to 1/8" thick). Sprinkle dough with parmesan cheese.

Slice tomatoes ¼" thick and season with salt and pepper. Layer tomatoes in dough and leave a rough 2-inch border. Drizzle with olive oil. Fold the dough on top of the tomatoes, shingling as you go around. Brush dough with egg wash (1 beaten egg and 1 tablespoon water).

Bake for 45 min to 1 hour until dough is golden brown. Let cool and drizzle with balsamic reduction and fresh chopped basil.

Balsamic Reduction:

Place the balsamic vinegar in a small saucepan and cook over medium low heat until the vinegar has reduced to at least half of the original amount (about 30 minutes for 2 cups of vinegar to reduce to 1 cup)





Tropical Tomatillo Ice Cream

Ingredients:

1 pound tomatillos, peeled, washed, and quartered
½ small ripe pineapple (about 1 ½ cups diced)
3 cups heavy cream
7 ounces sweetened condensed milk
½ cup sugar
8 ounces cream of coconut
¼ cup honey
¼ cup almonds, sliced
¼ cup rum (optional)

Directions:

Place the heavy cream in a large mixing bowl. Beat the cream on medium speed until soft ribbons form. In the meantime, pulse the tomatillo, pineapple, and sugar in a food processor. Add the cream of coconut, honey, and sweetened condensed milk. Once the heavy cream is ready, fold the tomatillo mixture, almonds, and rum into the cream until well combined. Freeze for at least 4 hours to overnight.

*You can adjust the amount of sugar depending on the ripeness of the pineapple.

Green Tomato Cake

Ingredients:

1 cup (2 sticks) butter, softened
1 ½ cups white sugar
1 cup brown sugar
2 teaspoons vanilla
3 large eggs
3 cups all-purpose flour
1 teaspoon ground cinnamon
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon ground nutmeg
2 ½ cups diced green tomatoes
1 cup golden raisins
¼ cup orange juice
1 cup chopped walnuts
powdered sugar (optional)

Directions:

Place the raisins in a small bowl along with orange juice and let sit until plump, about 30 minutes.

Preheat your oven to 350F. Grease and flour a 12-cup Bundt or a 9x13 baking pan. Set aside.

In a chopper or food processor chop tomatoes as small as possible without liquefying. Let the tomatoes sit in a strainer over a bowl to drain any excess water. In a medium bowl, beat butter and sugars with an electric mixer until creamy. Add vanilla and eggs, 1 at a time, beating after each addition. In a large bowl, combine flour, cinnamon, baking powder, salt and nutmeg. Gradually add in butter mixture, beating until just blended. (Batter will be soft.) Stir in tomatoes, raisins and walnuts. Pour batter into prepared pan. Bake for 45 to 55 minutes, or until a tester inserted in center comes out clean. Let cool in pan on wire rack for 10 minutes. Remove from pan and let cool completely. Sprinkle with powdered sugar if desired.

Watermelon Tomato Sorbet

Ingredients:

6 cups watermelon, roughly chopped
6 tomatoes, roughly chopped
1 cup sugar
2 sprigs of mint (optional)

Directions:

Combine all the ingredients in a container and let sit for 30 minutes to an hour. Blend the mixture in a food processor until smooth. Place in a freezer safe container and freeze for 2 hours. Remove from the freezer every half hour for the next two hours to give it a good stir, breaking up the ice crystals. Place back in the freezer for another couple hours or overnight.

Peach Tomato Basil Sorbet

Ingredients:

6 ripe peaches, deseeded and cubed
2-3 tomatoes, deseeded and cubed
½ cup fresh basil, leaves
½ cup sugar
½ cup water

Directions:

Place the cubed peaches and tomatoes on a parchment lined sheet and freeze until hardened.

Tie the basil with butcher's twine, set aside. In a 2-quart sauce pot, heat the water and sugar until the sugar has dissolved. Add the basil and let steep for 10 minutes. Using a spider lift the basil out of the pot, pressing the basil with the back of a spoon extracting the liquid before throwing away. Allow the syrup to cool completely.

Blend the syrup, tomatoes and peaches in a blender until smooth. Freeze for 2 hours, removing every half hour to blend with a submersion blender. Freeze for another 2 hours or overnight.

Tomatillo Pineapple Mojito Sorbet

Ingredients:

1 pound tomatillos, husk removed and washed
1 small ripe pineapple, skin removed and cubed
1 lime, juiced
1 small bunch mint (6-7 sprigs)
2 cups water
1 cup natural cane sugar
¼ cup rum (optional)

Directions:

Place pineapple chunks on a parchment lined tray and place in the freezer. Quarter the tomatillos. Set aside 1 spring of mint.

In a small sauce pan, combine the tomatillos, water and sugar to make an infused simple syrup. Tie the remaining sprigs of mint with butcher's twine. Make small tears in a few of the leaves and add to the saucepan. Heat over medium high heat until sugar dissolves. Allow to cool completely. Take the mint and give it a good squeeze before discarding to get every bit of flavor into the syrup.

Remove the leaves from the sprig of mint. Combine the simple syrup mixture, rum, mint leaves and frozen pineapple in a food processor. Process until smooth and pour into a freezer safe container. Freeze for 2 hours removing every half hour to blend with a suspension blender. Freeze for another 2 hours or overnight.



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