

XCentric Ideas

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Tomatoes Fruit or Vegetable?

Why did the Tomato go out with a prune?
Because it couldn't find a date!

How do you fix a broken tomato?
Tomato paste!

Why was the tomato blushing?
Because it saw the salad dressing.

What is red and goes up and down?
A tomato in a lift.

What goes up a fruit and comes down a vegetable?
A tomato...throw it up and it comes down a squash!



Recipes & photos from Internet, magazines & recipe books

Soup

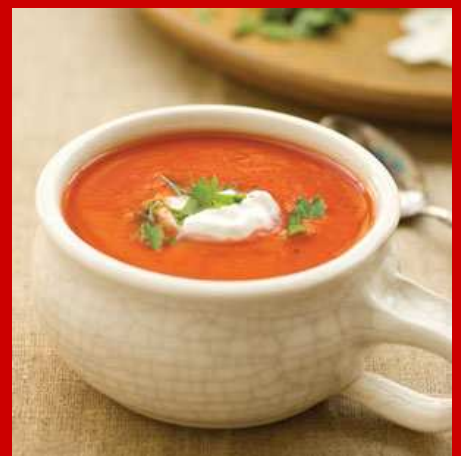
Spicy Tomato Soup

30ml Clover Ghee or butter/margarine
1 clove garlic, crushed
1 green chilli, chopped
6 peppercorns
3 ml cumin seeds
3 ml salt
300g large tomatoes, peeled and chopped
1 x 400 ml can coconut milk

Garnish

Fresh coriander and whipped cream

Heat ghee/butter/margarine in a heavy-based saucepan, add garlic and sauté until translucent. Add chilli and spices and fry for another 1 min. Add tomato and cover with boiling water. Simmer covered for 15 minutes. Liquidise until smooth. Add coconut milk. Heat over low heat. Serve hot, sprinkled with fresh coriander and a dollop of whipped cream.



Salad

Tomato, Feta and Basil Salad

Rosa / cherry tomatoes
Feta cheese
Fresh basil leaves
Freshly ground black pepper

Prepare this salad a few hours before serving.

Wash and half tomatoes. Cut feta roughly into cubes smaller than the halved tomatoes. Shred basil leaves with your fingers. Add pepper. Mix everything well. Cover with a lid / foil / cling wrap.



Pasta

Tomato Pizza-Pasta

250g raw spaghetti
Salt
Oil
250ml grated Cheddar cheese
2 x-large eggs
½ cup milk
Ground black pepper

Tomato sauce

1 onion, chopped fine
5 ripe tomatoes, peeled, chopped
1/3 cup tomato sauce
1 tsp mixed herbs
1 tsp oregano
1 tsp paprika

Topping

300g mozzarella cheese, slices
1 tin (50g) rolled anchovy fillets (optional)



Preheat oven to 180 oC. Spray oven dish with Spray & Cook. Cook spaghetti. Drain and mix with cheddar cheese. Spoon into oven dish.

Beat eggs and milk together. Season to taste with salt and pepper. Pour over pasta and mix.

Fry onion in oil till soft. Add the tomatoes, tomato sauce and herbs. Simmer to a thick sauce and spoon over the pasta mixture.

Arrange the mozzarella cheese and anchovies on top. Bake for 25 min or till it's nicely set and cheese are melted. Serve with a green salad.

Fish



Tuna-stuffed Tomato

1 x 200g tin tuna / salmon, drained & flaked
1 celery stick, chopped
½ small green pepper, chopped
½ small onion, chopped
5 ml curry powder
Salt and pepper to taste
125ml mayonnaise
6 firm tomatoes
Lettuce leaves

Mix the tuna/salmon, celery, green pepper, onion, curry, salt and pepper together. Add mayonnaise and mix lightly.

Cut the tomatoes into 6 wedges BUT NOT RIGHT THROUGH.

Carefully pull the wedges a bit open. Fill with the fish mixture.
Serve on lettuce.

Chicken



Tomato Chicken

40g packet tomato soup powder
30g packet mushroom soup powder
750g chicken pieces
1/5 cup tomato sauce, 1/5 cup chutney
1 cup water
1 onion, cut into rings
1-2 tsp crushed garlic
Oil
250g button mushrooms, halved
200g carrots, peeled, cut into sticks
10 small potatoes

Preheat oven to 180 oC. Mix the soup powders together in mixing bowl. Dip chicken pieces into powder till nicely coated. Arrange in a big oven dish. Mix the remaining soup powder with tomato sauce, chutney and water. Pour over the chicken pieces. Fry the onion and garlic in oil till glazy. Spoon it over the chicken together with the rest of the vegetables. Cover with aluminium foil and bake for 1 hour or till chicken is soft and ready. Remove the foil and bake for another 20 min to brown nicely.

Stew



Tomato Stew

1-1.5 kg mutton rib pieces
1 kg tomatoes
Sunflower oil
2 medium onions, sliced
1 cup luke-warm water
4 potatoes, peeled and sliced
6 peppercorns
2 tsp salt
Pepper, to taste
2 tsp sugar
1 tbsp butter, melted
1 tbsp flour

Wipe the meat with a damp cloth. Peel tomatoes and chop. Keep aside.

Heat oil in heavy cast iron pot and fry the onion slices.

Add the meat and water. Cover with lid and simmer for 1 hour. Add the tomatoes, peeled and sliced potatoes, peppercorns, salt, pepper and sugar. Simmer for another hour.

Mix butter and flour and thicken the sauce. Serve with rice.

Tip:

To peel tomatoes – cover them for 1 min with boiling water.

Take out and plunge into cold water.

Take skins off with sharp knife.

Pudding



www.cappers.com

Tomato Pudding (side-dish, not dessert)

2 cans crushed tomatoes with juice
1 cup brown sugar, packed
1 can (small) tomato paste
2 teaspoons dry mustard
1 teaspoon salt
pinch baking soda
3 cups toasted white bread cubes
1/2 cup butter, melted
fresh parsley sprigs, optional

Grease a baking dish. In a bowl, combine tomatoes, sugar, paste, mustard, soda and salt. Place bread cubes in the baking dish; drizzle with melted butter. Pour tomato mixture over bread. Refrigerate up to 4 hours, if desired.

Bake at 375° for 35 to 40 minutes, or until hot and bubbly. Garnish with fresh parsley sprigs, if desired.

Drinks



www.pro.corbis.com



www.smh.com.au

Bloody Mary Cocktail

400g can tomato juice
1 tbsp Worcester sauce
½ tsp Tabasco sauce
Juice of 1 lime
85ml vodka
Coarsely ground black pepper
Ice
Celery stick (1 per glass)

Place the tomato juice in large cocktail shaker with the Worcester sauce, Tabasco, juice and black pepper. Fill up with ice and shake until very well chilled.

Add the vodka to the cocktail shaker, then shake again until well combined. Taste and adjust seasoning.

Pour into tall, sturdy glasses, top with fresh ice and add a celery stick.

Tomato Decor

Less is more!

Cherry tomatoes add a colourful and quirky touch to your dinner table, kitchen counter or window sill ...

