



# Home on the Range

## Great Tomato Ideas

Fresh tomatoes provide an excellent source of vitamins and minerals. In fact, one medium tomato supplies more than 40 percent of the daily allowance of vitamin C and 20 percent of vitamin A, plus potassium — all with only 35 calories.

Take advantage of this seasonal delight at roadsides stands and markets.

Tomatoes must ripen to a deep, rich red color to achieve best flavor. Although vine-ripened tomatoes are superior in taste, sometimes they are picked before fully ripened.

Ripen pink tomatoes at 60-70 degrees in an open area with good air circulation. Never refrigerate tomatoes until they are red and fully ripened and then only if necessary. Refrigerated tomatoes will have a better eating flavor if allowed to warm to room temperature before serving.

Tomatoes come in a variety of shapes, sizes, and colors. The most common is the larger round, red tomato that can be sliced for sandwiches or burgers, cut in wedges, diced for salads or tacos, or cooked into numerous kinds of sauces.

Small round tomatoes (sometimes called Italian or Roma tomatoes) are the choice for preparing secret family recipe sauces as they cook down to a thicker sauce.

Homegrown, red-ripe tomatoes can't be beat for taste. Unfortunately shipped tomatoes available during winter months lack the superior taste of their summertime cousins. Now is the time to preserve summertime's goodness. Here are some recipes from our readers and from the Pennsylvania Vegetable Marketing and Research Program.

### YELLOW TOMATO MARMALADE

3 1/4 cups coarsely chopped, peeled, ripe yellow plum tomatoes  
1/4 cup fresh lemon juice  
Grated lemon rind of 1 large or 2 small lemons

6 cups granulated sugar  
6-ounce bottle liquid fruit pectin  
Put chopped tomatoes into a small enamel or stainless steel pan (do not add water). Bring to a boil, reduce heat and simmer 10 minutes, stirring frequently. Remove from heat and measure out 3 cups tomatoes and juice. Transfer to large stainless pot. Add lemon juice, rind, and sugar. Bring to a boil over medium heat and boil hard for two minutes, stirring constantly. Remove from heat, stir in pectin for about five minutes. Skim froth off if needed and transfer to 1/2 pint jars. Process in hot water bath for 10 minutes.  
Yields 6 half pints.

### STEWED TOMATOES

4 quarts tomatoes, peeled, chunked  
1/2 cup green peppers, chopped, optional  
1/2 cup onions, chopped  
2/3 cup celery, chopped  
1/2 teaspoon salt  
4 teaspoons granulated sugar  
2 teaspoons celery salt  
Mix together all ingredients in a large bowl or pot. Pack into jars to within 1/2 -inch of top. Put on two-piece lid and tighten firmly. Process 55 minutes in boiling water bath. Yields 5 - 6 pints.

### SPICY BBQ SAUCE

1 cup tomato ketchup  
1/4 cup firmly packed brown sugar  
1/4 cup apple cider vinegar  
3 tablespoons butter  
1/3 cup lemon juice  
1 tablespoon Worcestershire sauce  
1 tablespoon prepared mustard  
1 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/2 teaspoon celery salt  
1/2 - 3/4 teaspoon hot pepper sauce  
Combine all ingredients into stainless steel or enamel saucepan. Bring to a boil over medium heat, reduce to simmer for 15 minutes. Use on pork, beef, or chicken.  
Yields 2 cups.

### TOMATO NUT CAKE

3 cups all-purpose flour  
1 cup whole wheat flour  
2 1/2 teaspoons baking soda  
2 teaspoons cinnamon  
1 1/2 teaspoons salt  
1 teaspoon ground nutmeg  
3/4 teaspoon ground allspice  
1/2 cup butter  
1 1/2 cups granulated sugar  
1 cup firmly packed light brown sugar  
2 1/2 cups tomato juice  
2 teaspoons vanilla extract  
1 cup chopped walnuts or pecans

Preheat oven to 350 degrees. Spray a bundt pan with nonstick spray.

Sift together all-purpose and wheat flour along with baking soda, cinnamon, salt, nutmeg, and allspice into a bowl or on waxed paper and set aside.

In a large mixing bowl, cream together butter and sugars. Add dry ingredients alternately with tomato juice. Beat in vanilla, fold in chopped nuts. Pour into prepared bundt pan and bake for one hour, 10 minutes or until tester comes out clean.

Cool 10 minutes on wire rack, then unmold to a serving plate.



The all-time favorite way to use tomatoes is in pizza — of course.

### PAN-FRIED GREEN OR RED TOMATOES

Recipe #1:  
6 tablespoons olive oil  
2 or 3 large greenish, red tomatoes, cored, cut crosswise into 1/2 -inch thick slices. Plain dried bread crumbs or flour for dredging.

Salt and pepper to taste  
Place oil in a large skillet, turn heat to medium high. When hot, dredge the tomato slices in bread crumbs or flour and lay in heated oil.  
Turn when one side is golden brown, and continue to cook. Sprinkle with salt and pepper to taste. Serve hot.

Recipe #2:  
1/2 cup Canola oil  
2 to 3 large red tomatoes with just a tinge of orange  
1 large egg beaten  
2 cups plain or Italian-flavored bread crumbs  
Salt and pepper to taste

Place oil in large skillet over medium heat. Slice tomatoes 1/2 -inch thick. Dredge tomatoes in egg then in bread crumbs. Lay in hot oil in pan. Fry until golden brown on both sides. Salt and pepper to taste. Serve hot.

Eat plain or sprinkled with a little vinegar.

### TACO SALAD

Brown:  
1 pound ground beef  
Add 1/2 package taco seasoning  
Set aside to cool.  
Mix together and add catalina French dressing enough to moisten salad:

1 head lettuce  
1 tomato  
1 onion, optional  
8-ounces shredded cheese  
1 small bag crushed corn chips  
Sprinkle ground beef mixture on top of salad. Serve.

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## Featured Recipe

### TOMATO DEFINITIONS AND COOKING GUIDE

**Tomato Paste** — Concentration of 100% tomatoes with no added salt. Adds rich, deep, robust tomato flavor — a secret ingredient used to enrich soups, stocks and stews. Adds thickness and body — often used with other canned tomato products or broth, water or wine to enrich and thicken sauces.

**Diced Tomatoes** — Cut-up chunks of peeled tomatoes with tomato juice and seasonings. Adds look and texture of fresh-cut tomatoes — an excellent substitute for fresh, but available year round. Best combined with paste or sauce for heartier meat, poultry or pasta sauces. When drained, can be used to top pizzas, bruschetta and focaccia.

**Crushed Tomatoes** — Finely chopped tomatoes in tomato puree. Adds pulpy texture and full-bodied consistency of long-simmered and slowly reduces fresh tomatoes. Combination of chopped tomatoes and puree — an ideal 2-in-1 ingredient for any sauce.

**Stewed Tomatoes** — Peeled, sliced tomatoes cooked in tomato juice with onion, celery, bell pepper and seasonings. Offers rich, complex, slow-cooked tomato flavor; can be served as is. Good for stews, or other dishes for visual appeal and texture.

**Tomato Puree** — Tomato paste and water with no added salt or seasonings, adds clean flavor of vine-ripened tomatoes and smooth consistency. Best used when nothing but pure, tomato flavor is desired in a sauce. Complements any ingredient — wonderful over spicy Italian sausage.

**Tomato Sauce** — Tomato puree which has been seasoned with salt and other spices. Adds mild tomato flavor and smooth consistency — doesn't require dilution and can be used in larger quantities than paste; versatile and blends easily. Use as full or partial replacement for broth, or water in soups, stews, rice dishes, and sauces.

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date listed below.

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