

TERRIFIC TOMATOES

RECIPE CARD 3

Why we need to think about food waste

Where do you think most of the food waste comes from? Almost half of all the food that ends up being thrown away has actually come from people's houses. It's the food we don't get around to eating in time or the large amounts of food we've prepared but can't finish. But it does not have to be this way. We have some delicious and easy to follow recipes to help you love your food for longer!

These recipes are perfect for using up those squidgy tomatoes that have been hiding at the back of your fridge!

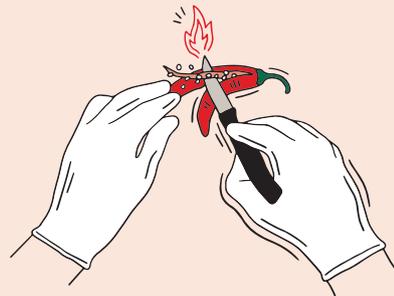
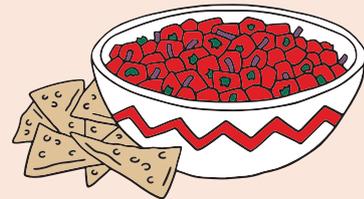
Tempting Tomato Salsa

You will need

- 3 medium sized fresh tomatoes
- ½ red onion
- 1 red chilli or 1 jalapeño chilli, stems & seeds removed (if you want hotter salsa just add more chilli)
- Juice of one lime
- 50g chopped coriander
- Salt and pepper to taste
- Pinch dried oregano (crumble in your fingers before adding)
- Pinch ground cumin, more to taste
- 30ml Rapeseed oil
- Passata (optional)

How to make it

- 1 Cut the tomatoes, chillies and onions, these can be as fine or as chunky as you like. Be careful when chopping the chillies, wear gloves and make sure you wash your hands thoroughly and avoid touching your eyes.
- 2 Mix all of the ingredients together in a bowl and add a pinch of salt and pepper.
- 3 This salsa is great with tortilla chips, burritos or fajitas. If you would prefer it to be a little more runny and sauce like, just add a little passata.



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Totally Tomato Jam

Add a bit of fire with some chilli or simply enjoy the fresh taste of tomatoes with the other spices.

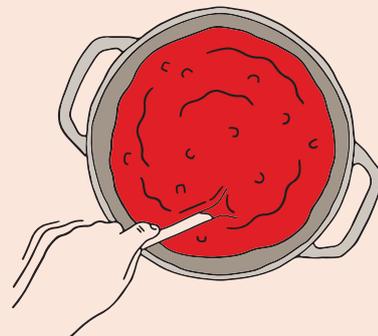


You will need

1 kg tomatoes, finely chopped	¼ teaspoon cumin
500g sugar	1 clove garlic
3 tablespoons lime juice	½ teaspoon salt
½ teaspoon freshly grated ginger	½ teaspoon red chilli flakes
¼ teaspoon cinnamon	Jam jars (cleaned)

How to make it

- 1 Reuse old jam jars for this recipe! Start by preparing your Jars. You'll need to put them into a bowl of hot water. This will ensure the food does not spoil while you store them.
- 2 Mix all of ingredients in a large, pan. Bring to a boil and then lower the temperature so the mixture simmers (boils gently). Stir regularly, cook at a low boil until it thickens. It might look like a sticky, jammy mess at this point!
- 3 This will take between 1 and 1 ½ hours, depending on how high you keep your heat.
- 4 When the jam has cooked down sufficiently, remove from heat and fill your jars, leaving ¼ inch of head space. Wipe the jar rims and tighten the lids.
- 5 When jars are cool enough to handle, check that they are sealed. Store jars in a cool, dark place for up to one year.



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RECIPE CARD 3

Fresh And Tasty Tomato Sauce

Make your own tomato sauce, a great way to bring new life to those old tomatoes.

You will need

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| 1 Onion | 1 clove garlic |
| 1kg tomatoes | Salt and pepper |
| 50ml olive oil | Chilli to taste (optional) |
| Pinch of sugar | |

How to make it

- 1 Wash the tomatoes and make a cross on the bottom of each with a knife.
- 2 Pop them into a large pan.
- 3 Boil some water and pour over the tomatoes and allow them to sit in the pan for 2 minutes. Remove them and peel. You will see that the skin will be easy to peel, starting from the cross you previously cut (well, no one likes the tomato sauce with pieces of skin in it!).
- 4 Cut the tomatoes into four parts and remove the seeds. Then cut them again into smaller pieces. Leave to one side.
- 5 Chop up the onion, add a little of the olive oil and gently fry in a pan until it turns light brown. You might like to add a little garlic at this point.
- 6 To the pan add the tomatoes, salt, pepper and a pinch of sugar. If you like you could add a little chilli at this point.
- 7 Cook them very slowly until the tomatoes melt and become a sauce (20-30) minutes.
- 8 Store the sauce in a glass jar or plastic container (once it has cooled). It will keep perfectly fine in the fridge for 3 or 4 days with the lid closed tightly.

