



Tomato Tips

Blanching and slipping skins

Skin tomatoes by lightly cut an “X” at the base (about 1” x 1”), score a small circle lightly around the top “stem” area and place in a deep pan of boiling water.

Let sit for 30 seconds in water, then remove tomatoes and dunk in a sink of very cold water to prevent the tomatoes from becoming cooked.

The tomato skin will peel off easily now, just grab the lifted corners from the “X” and peel back—sometimes just giving them a gentle squeeze will push them right out of their skin and no peeling back is necessary!

Freezing

If you have ripe tomatoes that will not be used for a few days or an extended period of time, wash and dry them and put them in a plastic bag in the freezer. As other tomatoes ripen, freeze and add them to the bag in the freezer. You can then take the frozen tomatoes out of the freezer and scald them a colander at a time (still frozen) in boiling water until the skins split (sometimes only takes seconds). They will very easily slip out of their skins. No need to put into ice water. By the time they are all peeled they are defrosted enough to resume the canning process. Be sure you dry the tomatoes before freezing so they don't stick together. You may want to partial freeze them on a tray before putting them together in a bag.

Drying

Tomatoes dry very well. Choose plum or paste tomatoes that have less water. Cherry tomatoes also dry well. Cut tomatoes into slices (no more than 4- preferably in half). When dry tomatoes will weigh ½ of the original amount.

Smell is an indicator of good flavor. If it has a strong good aroma, it will have a favorable taste.

Roma's are paste tomatoes with more flesh and less seeds and juice. They are great for canning and for making salsa.

Ripening tomatoes

Tomatoes will ripen best in a brown bag. Do not place in fridge this will soften the flesh h of the fruit. Keeping tomatoes in s the sunlight will also soften the skin

Placing a banana in the bag with the tomatoes will help them to ripen quicker.

Tomatoes lose flavor after 1 week of refrigeration.

1 medium tomato (6-8 oz) will yield ¾ cup chopped tomato.