



GARDEN STATE ON YOUR PLATE

TOMATO **RECIPES**



GARDEN STATE ON YOUR PLATESM IS A PROJECT OF THE PRINCETON SCHOOL GARDENS COOPERATIVE, PRINCETON PUBLIC SCHOOLS, AND POMPTONIAN FOOD SERVICE, WITH GENEROUS SUPPORT FROM BENT SPOON, WHOLE EARTH CENTER, LILLIPIES BAKERY, AND CHURCH & DWIGHT EMPLOYEE GIVING FUND. THE PROGRAM BEGAN IN 2010 WITH FUNDING FROM THE ROBERT WOOD JOHNSON FOUNDATION.

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History

A likely wild ancestor of the tomato, the red-fruited *Solanum pimpinellifolium*, arrived around 80,000 years ago in western South America. Another ancestor emerged later, along a coastal region from Ecuador to northern Chile, including the Galapagos Islands. Scientists think that the seeds were transported north across Central America into Mesoamerica via migratory birds and ocean currents well before human influence, though road systems used mostly by llama caravans did link societies in the Andes Mountains, today's Southwestern US and the Maya lowlands.

Solanum lycopersicum, aka...

In Mesoamerica, the Nahuatl word for tomato is *tomatl*; the Aztec word *xitomatl*. *Solanum* is the Latin word for nightshade; *sol* means sun or to soothe. *Lycos* is Greek for wolf; *persicumin* means peach. Wolf peach is a combination of the plant's botanical classification and early European folklore. In German lore, wild nightshades were associated with witchcraft and were believed to be used in potions that could summon werewolves.

Around the World

Early writings of Aztecs in Mexico show at least 50 unique tomato recipes, including one that uses tomatoes, peppers, and seasoning. From Central and South America, conquistadors delivered the tomato to Spain and to southern Europe in the mid-16th century. English botanist William Salmon reported tomatoes in Carolina in 1710; in the late 1700s, the fruit began being used in cooking in the South of France. Around 1880, pizza was invented in Naples. They were brought to Africa and the Middle East in the 19th century. In 1876, Henry Heinz created tomato ketchup, and in 1897, Joseph Campbell discovered how to can tomatoes and sell them as condensed tomato soup.

Words for Tomato

Latin: *lycopersicum*

Arabic: مطامط

Cantonese: 番茄

French: tomate

Haitian Creole: tomat

Hindi: टमाटर

Italian: pomodoro

German: tomate

Japanese: トマト

Persian: گنرفهچوک

Spanish: tomate

Swahili: nyanya

Ukrainian: помідор

Art & Literature

Guy Clark

"Homegrown Tomatoes"

"There ain't nothin' in the world that I like better
Than bacon and lettuce and homegrown tomatoes
Up in the mornin', out in the garden
Get you a ripe one, don't get a hard one
Plant 'em in the spring, eat 'em in the summer
All winter without 'em's a culinary bummer
I forget all about the sweatin' and diggin'
Every time I go out and pick me a big one
Homegrown tomatoes, homegrown tomatoes
What'd life be without homegrown tomatoes?
Only two things that money can't buy
And that's true love and homegrown tomatoes..."
~ "Better Days" album, 1983



Botany

One of the earliest-known European references to the tomato was made in 1544 by the Italian herbalist Pietro Andrea Mattioli, who classified it as a nightshade and, incorrectly, as a mandrake.* We know now that *Solanum lycopersicum*, a close relative to potatoes, tomatillos, eggplants, peppers, and tobacco, is an edible berry. But the Supreme Court said no. In a 1893 tax ruling in *Nix v. Hedden*, the justices wrote that botanically speaking, tomatoes were fruits. But in everyday life, they declared, vegetables were things "usually served at dinner" so the importer must pay the vegetable tariff (fruits had no such levy).

Season's Best

Garden State tomatoes are at their peak from around the first of July to the waning days of October. Look for cherry, grape, plum (Roma/sauce), and heirloom varieties at farmers' markets, or grow them in your garden. At the market, choose fruits that are heavy for their size, and somewhat yielding to gentle pressure with a finger. Smell the stem end and choose earthy, floral scents; at home, store tomatoes on the counter, or on a platter. Don't refrigerate.

In the Garden

Tomato plants are tender annuals. Plant in full sun and in well-drained soil after all risk of frost has passed, between April 21-April 24. Pinch the lower leaves of the plant off, and dig a hole deep enough to hold the entire stem up to the remaining leaves. Mulch thickly and water regularly. Use tomato cages or stakes for vertical support. Tomatoes grown from seedlings will begin producing in 50-100 days; if planted from seed, expect fruits in 100-120 days.

Math & Money

China, India, Turkey and the US grow the most tomatoes. New Jersey is 8th or 9th in the top US producers, with California in the lead. Tomatoes are among the top 10 crops of New Jersey.

In a recent year, Garden State farmers harvested 79.1 million pounds of fresh-market tomatoes and processed tomato products from 2,900 acres, worth \$46.4 million. The majority of wholesale production and acreage is in the inner Coastal Plain, in the counties of Gloucester, Cumberland, Salem, and Atlantic.

Ingredient Pairings

Tomato pairs well with almonds, anchovies, arugula, avocado, beets, capers, carrots, celery, chicken, chickpeas, chile peppers, coconut milk, crab, cucumber, eggplant, eggs, fennel, frisee, garlic, goat cheese, leeks, legumes, mayonnaise, mozzarella, mushrooms, olives, peas, chile peppers, prosciutto, shellfish, ricotta, onions, fennel, Gorgonzola, watercress, watermelon, & yogurt

In the Kitchen

Bake, broil, fry, grill, roast, saute, or stew - tomatoes can star or perform a supporting role in cuisines around the world. To prep, wash under cold running water. Remove the stem, and with the tip of a sharp knife, cut a divot around the core base. To peel for a recipe, lower them, one by one, on a slotted spoon, into boiling water, then remove after about 30-45 seconds. Transfer the fruit to a bowl of cold water, and then slip the peel off.

Fuel for Learning & Powerful Play

Tomatoes are high in vitamin C and match the banana in potassium content. The color in tomato (and in beets and other similarly hued produce) indicates lycopene and beta carotene, which support heart, skin and immune systems.

Climate Impact

The greatest emissions are caused by the conversion of land, the continued use of that land rather than reforestation, and by processes on the farm. When possible, choose foods in season, and from smaller farms.

Resource Intensity

Eat asparagus from local farms and in season. Asparagus is a water-intensive crop, and though it is a perennial, it yields fewer edible pounds of food per acre than staple vegetables like potatoes or broccoli – so more land per serving.



Tomato Tasting

Begin by tasting unseasoned raw tomatoes. Then season with a pinch of salt. After observing how seasoning changes the flavor, taste with a drizzle of vinaigrette. If available, compare and contrast different methods of cooking beyond roasting: Steamed, boiled, sauteed, and with relevant flavorings.

This seasoning mix can be used to bathe vegetables before roasting, as a seasoning for braising or simmering, and for dressing salads of fresh greens.

Use a $\frac{1}{3}$ to $\frac{2}{3}$ ratio, acid to oil.

Vinaigrette

$\frac{1}{3}$ cup lemon juice

$\frac{2}{3}$ cup olive oil

1 garlic clove, crushed

$\frac{1}{2}$ teaspoon dijon mustard

Salt

Pepper

Preparation

Place ingredients in a jar with a tight-fitting lid.

Shake to combine. Store in refrigerator.

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Every Tomato Grower Tomato Sandwich

Serves 1

Ingredients

1 large peak-of-the-season tomato, thickly sliced

1 tablespoon Hellman's mayonnaise, or to taste

Salt

Freshly ground black pepper

2 slices hearty sandwich bread, toasted if desired

Preparation

1. Slather the inside of each slice of bread with mayonnaise.
2. Layer tomato slices across one slice of bread.
3. Sprinkle with salt.
4. Shower with pepper.
5. Top with remaining slice of mayonnaise-laden bread.
6. Cut diagonally.
7. Eat over the sink or outside, with the sun shining upon your head.



FOOD52

First Night in Florence Spaghetti

As with excellent recipes, this one is ripe for adapting. More tomatoes? OK. Only canned tomatoes? OK, too. No spinach? Use chopped kale or Swiss chard or collards. Add more tuna if desired. Leftovers are excellent – if there are any.

Serves 2, with leftovers

Ingredients

½ package spaghetti or bucatini
Sea or kosher salt
Good olive oil, and lots of it
1 pint cherry or grape tomatoes of whatever colors are to hand, halved
A couple of generous handfuls of fresh spinach, stems pinched off
Juice of ½ lemon, Meyer if possible
Sea or kosher salt and pepper to taste
A good Pecorino Romano cheese
1 can tuna packed in olive oil, typically 5 to 6 ounces - not drained!
2 cloves garlic smashed, peeled, minced

Preparation

1. Check the cook time. Set a timer for 3 minutes less than the recommended cook time. Drop the pasta into the water and begin making the sauce. Multi-tasking necessary here: keep a set of tongs to hand to gently move the pasta around so that it doesn't sink and stick, and also to move the sauce ingredients about.
2. Set a skillet over medium-high heat. It should be large enough to hold the sauce and pasta at the end. Force yourself to add 2 or 3 times as much good olive oil as you usually would.; we're not "filming" any pans here. This is all about bold flavors that flow from delicate ingredients. Use a good 4 ounces.
3. When the oil is hot (it'll shimmer, or ribbon), add the halved tomatoes. They'll cook along quickly, releasing those precious juices to concentrate in all that lovely olive oil. If the skillet is too spattery, turn the heat down a bit. As the tomatoes begin to soften, add the garlic. When it's very fragrant, add the tuna and its oil. Break up any large chunks with a wooden spoon. Turn down the heat to a good simmer.
4. When the timer goes off for the pasta, use tongs to lift it out of the boiling water and drop it directly into the skillet. It's going to cook some more in the skillet. Dip out a couple of ladles of pasta water and add to the skillet. Move everything around and together with your tongs. Toss in the spinach and add the lemon juice. Tong it all about until spinach is just wilted. Taste the sauce before you season to taste with salt and pepper. Use your tongs to lift pasta out onto plates. Divide any remaining sauce between them. If you wish, grate some good pecorino over the top; Italians typically don't permit cheese and fish to occupy the same plate, but it's your kitchen. Serve with slices of focaccia or baguette so that not one drop of sauce is left behind.

<https://food52.com/recipes/14030-first-night-in-florence-spaghetti>



Jose Andres/Spain

Salmorejo

Gauge the sweetness or tartness level to determine whether the sherry vinegar is necessary for this satisfying cold soup from the Iberian Peninsula. Anything from ciabatta to a rustic white loaf will work, though sourdough will diminish the tomato flavor. Garnish with chopped boiled eggs, serrano ham, and a drizzle of olive oil.

Serves 4

Ingredients

For the soup

2½ pounds vine-ripened tomatoes, cored and chopped

½ pound rustic white bread, crust removed, bread cubed (2 ½ cups)

2 garlic cloves

1 teaspoon sherry vinegar

¼ cup extra-virgin olive oil, plus more for serving

For the garnish

¼ teaspoon kosher salt, plus more to taste

2 hard-boiled eggs, peeled and chopped

½ cup chopped serrano ham

Preparation

1. In a blender, puree the chopped tomatoes with the bread, garlic, sherry vinegar and ½ cup of water at high speed until very smooth, about 1 minute. With the blender on, drizzle in the ¼ cup of olive oil until incorporated. Season with salt. Cover and refrigerate until the soup is cold, at least 30 minutes.
2. Divide the soup among 4 bowls. Garnish with the chopped eggs and ham, drizzle with olive oil and serve.

<https://www.foodandwine.com/recipes/salmorejo>



J. Kenji López-Alt

Shakshuka (North African-Style Poached Eggs in Spicy Tomato Sauce)

J. Kenji Lopez-Alt writes: "North African in origin, shakshuka has become popular throughout the Middle East and in diners along the coastal US. The origin of the word shakshuka is debated, but most likely it comes from the Arabic for "mixture," and the dish itself probably got its start as just that...Onions and tomatoes are a given, as are peppers...bloom the paprika in oil before adding any liquid. Heat helps trigger chemical reactions that create new, complex flavors, while also allowing fat-soluble flavor compounds to dissolve...use whole canned tomatoes and adjust the texture as desired."

Serves 6

Ingredients

3 tablespoons (45 ml) extra-virgin olive oil, plus more for drizzling

1 medium onion, thinly sliced

1 large red pepper (bell pepper for milder heat, or a hotter variety, such as red horned pepper, depending on your heat preference), stems, seeds, and ribs removed, thinly sliced

1 fresh small hot chile (such as jalapeño, serrano, or Fresno), stems, seeds, and ribs removed, thinly sliced

2 to 3 cloves garlic, thinly sliced

1 ½ tablespoons (15 g) sweet Hungarian or smoked Spanish paprika

2 teaspoons (8 g) whole or ground cumin seeds

1 (28-ounce; 800 g) can whole peeled tomatoes, crushed by squeezing between your fingers or with a pastry blender (see note)

Kosher salt and freshly ground black pepper

Large handful minced cilantro, parsley, or a mix

6 eggs

Sliced oil-cured black olives, feta cheese, and/or artichoke hearts, for serving (all optional)

Crusty bread, for serving

Preparation

1. Heat olive oil in a large, deep skillet or straight-sided sauté pan over high heat until shimmering. Add onion, red pepper, and chile and spread into an even layer. Cook, without moving, until vegetables on the bottom are deeply browned and beginning to char in spots, about 6 minutes. Stir and repeat. Continue to cook until vegetables are fully softened and spottily charred, about another 4 minutes. Add garlic and cook, stirring, until softened and fragrant, about 30 seconds. Add paprika and cumin and cook, stirring, until fragrant, about 30 seconds. Immediately add tomatoes and stir to combine (see notes). Reduce heat to a bare simmer and simmer for 10 minutes, then season to taste with salt and pepper and stir in half of cilantro or parsley.
2. Using a large spoon, make a well near the perimeter of the pan and break an egg directly into it. Spoon a little sauce over edges of egg white to partially submerge and contain it, leaving yolk exposed. Repeat with remaining 5 eggs, working around pan as you go. Season eggs with a little salt, cover, reduce heat to lowest setting, and cook until egg whites are barely set and yolks are still runny, 5 to 8 minutes.
3. Sprinkle with remaining cilantro or parsley, along with any of the optional toppings. Serve immediately with crusty bread.

<https://www.serious-eats.com/shakshuka-north-african-shirred-eggs-tomato-pepper-recipe>



Mark Bittman

Chickpea and Fennel Ratatouille

Ratatouille – originally referring to a chunky vegetable stew – is a southern French dish, traditionally made with eggplant, sweet peppers, summer squash, garlic, onion, and tender green herbs, in a tomato-based sauce. This version exchanges the stovetop for the oven and brightens the flavor with fennel; chickpeas turn it hearty.

Serves 4

Ingredients

1 pound eggplant (smaller is better), peeled if you like, and cut into large chunks
¾ pound zucchini, cut into large chunks
1 pound Roma (plum) tomatoes, cored and chopped, or 1 28-ounce can, drained
1 onion, sliced
2 red or yellow bell peppers, cored, seeded and sliced
1 fennel bulb (about 1 pound), trimmed and cut into large chunks
5 garlic cloves, halved
1 teaspoon salt, more to taste
Black pepper to taste
¼ cup olive oil
3 cups cooked or canned chickpeas, drained
1 tablespoon chopped fresh thyme or rosemary, or ½ cup chopped fresh basil or parsley

Preparation

1. Heat the oven to 425 degrees. Combine all ingredients except oil, chickpeas and herbs in a large roasting pan. Drizzle with oil and toss to combine.
2. Transfer to oven and roast, stirring occasionally, until vegetables are lightly browned and tender and some water has been released from the tomatoes to create a sauce, 30 to 40 minutes.
3. Add chickpeas, stir and return to oven until beans heat through, 5 to 10 minutes. Add herbs and stir. Taste and adjust seasoning and serve hot, warm or at room temperature.

<https://cooking.nytimes.com/recipes/1015123-chickpea-and-fennel-ratatouille>



Jo McDonald Manning

Fried Green Tomatoes

The end of tomato season will arrive, and most gardeners are left with unripe tomatoes on the vines. This is a classic – and delicious – solution.

Serves 6

Ingredients

2 pounds green tomatoes, in ¼-inch slices

½ cup cornmeal

½ cup flour

2 teaspoons salt

1 egg

1 cup buttermilk

Neutral oil for frying

Preparation

1. Mix cornmeal, flour, salt, egg and buttermilk in large bowl.
2. Add sliced tomatoes and toss to coat, then remove to large colander with bowl beneath to catch excess batter.
3. Heat about two inches of oil in a large, deep cast-iron skillet to medium high.
4. Place tomatoes in hot oil, one by one, frying until golden.
5. over medium-high heat;
6. Drain on a metal rack; serve immediately.

"Seasonal Florida: A Taste of Life in North Florida," by Jo McDonald Manning (1994).



Julie Sahni

TOMATO RASAM (Curry-Laced Tomato-Lentil Broth)

Julie Sahni writes: "This is the most famous soup of Madras, in southern India. It is a luscious tomato and lentil broth, gently perfumed with mustard seeds and curry." Cook the lentils in advance: (1½ cups lentils - yellow or red, or yellow split peas, or yellow mung beans) picked over and washed in a colander until water runs clean, along with 4½ cups water, ¼ teaspoon turmeric, and 1 teaspoon salt: simmer until lentils have lost their shape – about 20-25 minutes, stirring occasionally and adding water if needed).

Serves 6-8

Ingredients

- 1 pound ripe tomatoes, preferably Italian plum, fresh or canned
- 3 cups cooked lentils
- 1 cup water
- 1½ teaspoons ground cumin
- 2 teaspoons ground coriander
- ¼ teaspoon cayenne powder
- 1 tablespoon minced onion
- 11 teaspoon minced garlic
- 2 teaspoons coarse salt, or to taste
- 1 tablespoon lemon juice

For Spice-Perfumed Butter

- 1 tablespoon ghee
- 1 teaspoon black mustard seeds
- 8 curry leaves, fresh or dry, or 2 tablespoons chopped fresh coriander

Preparation

1. Blanch, peel and cut tomatoes in half. Scoop out the pulp and seeds. Set aside the tomato shells, and mince the pulp and seeds in a blender or food processor, or with a sharp knife.
2. Put the cooked lentils in a 3- or 4-quart pot. Add 1 cup water and whisk for a minutes to thin the lentils. Add the pureed tomatoes, cumin, coriander, cayenne, onion, garlic, and salt, and bring to a simmer. Cook at a gentle simmer, partially covered, for 10 minutes. Add the lemon juice and tomato halves and continue cooking, uncovered, for 1 minute, until tomatoes are heated and barely cooked.
3. Meanwhile, make butter: Measure the spices and place them at the ready. Heat the ghee in a small frying pan until very hot.
4. Add the mustard seeds carefully. When they stop spattering, add the curry leaves and remove from heat. Shake the pan gently to distribute the spices and oil. Pour the entire contents over the soup and mix well. If using coriander instead of curry leaves, add now.

"Classic Indian Vegetarian and Grain Cooking" by Julie Sahni (1985)



Maria Baez Kijac

Papas Chorreadas (Potatoes with Tomato and Cheese Sauce)

In this side dish, with roots in Bogotá and Colombia, a tomato sauce, well seasoned with herbs and spices and enriched with cheese and cream, is ladled over boiled potatoes.

Serves 6

Ingredients

6 medium all-purpose potatoes
2 tablespoons unsalted butter or olive oil
1 small onion, minced (about ½ cup)
½ cup thinly sliced scallions (white part only)
2 large ripe but firm tomatoes (about 1 pound), peeled, seeded and chopped
2 tablespoons minced cilantro leaves
¼ teaspoon dried oregano, crumbled
¼ teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
½ cup whipping cream
2 ounces cheese, shredded (Chihuahua, mozzarella, or Muenster)

Preparation

1. Place potatoes in large saucepan with salted water to cover by about an inch. Bring to a boil, partially cover, and cook over low heat until the potatoes are tender, about 20 minutes.
2. Meanwhile, melt the butter in a medium size heavy skillet over medium heat. Add the onion and scallions and cook, stirring a few times, until transparent, about 5 minutes.. Add the tomatoes, cilantro, oregano, cumin, salt, and pepper and cook, stirring a few times, for 5 minutes. Add a little water if the sauce dries out. The tomatoes should form a sauce when done. Add the cream and cheese and cook, stirring constantly, until the cheese melts. Taste for salt and pepper; correct seasonings. Cover and keep warm over very low heat.
3. Drain the potatoes thoroughly. With a paring knife, make a cross in each potato so that it opens a bit. Arrange the potatoes on a serving platter, pour sauce over, and serve hot.

"The South American Table: The Flavor and Soul of Authentic Home Cooking from Patagonia to Rio de Janeiro," by Maria Baez Kijac (2003)

