



Tomato

The fruit of a bushy and sometimes climbing plant, originally from Mexico and Central America. Tomato varies in color, taste, shape and size according to the variety. The cherry tomato has a diameter of 1-1 3/4. The yellow tomato resembles a small pear, they are slightly less acid. The plum tomato resembles a small egg. The grape tomato is a baby plum tomato. The common tomato has a rounded shape, measure from 2 3/8-4 3/4 in diameter.

Buying

Choose: intact tomatoes without cracks or wrinkles, firm but yielding to slight pressure, with a bright color and pleasant smell.

Serving Ideas

The tomato is eaten raw or cooked. Raw tomato is eaten as is, dressed with vinaigrette or in salads, hors d'oeuvres and sandwiches. Cherry tomato is used raw, often for decorative effect.

The tomato can be stuffed, made into jam or used in soups, sauces, omelettes, risottos, pot roasts and marinades.

Cooking

Avoid cooking tomatoes in aluminum receptacles, as this may lead to corrosion.

Boiled or baking: 8-15 minutes.

Nutritional Information

Per 3.5 oz/100g	raw	cooked
Water	93.8%	92.2%
Protein	0.8g	1.1g
Fat	0.3g	0.4g

Preparing

Wash tomatoes. Pell, seed and trim, if desired according to how they will be used.

Carbohydrates	4.6g	5.8g
Fiber	1.2g	1.5g
Calories	21	27

Good Source: vitamin C and potassium.

Contains: folic acid and vitamin A.

Properties: aperitive, diuretic, energizing, antiscorbutic, disintoxicating and mineralizing.

Storing

At room temperature: 1 week, away from sunlight. Do not wash them until using. Wrapping green tomatoes individually in paper or covering them with a cloth speeds up the ripening process.

In the fridge: to slow the ripening process (2-3 days). Have tomatoes at room temperature for about 30 minutes before eating, for better flavor.

In the freezer: blanch whole tomatoes 30-60 seconds and run under cold water before removing the skin, without letting them soak.