

CROWD SAUCING



No-Equipment Method for Preserving Tomatoes

This method is “not equipment”, meaning you don’t need a machine, just bottles, a saucepan for water bathing, a chopping board, knife and a long handled implement. You don’t have to cook or blanch the tomatoes either, just chop, press into bottles and water-bath preserve them.

Prepare the tomatoes: remove any soft spots, mould, and the cores of the tomatoes. Chop up your tomatoes. You can remove the seeds if you desire.



Optional: If you're working with tomatoes than contain a lot of juice, you can squeeze out and discard the seeds and watery juice to help your sauce be a thicker passata.

Optional: Bring the tomatoes to a simmer over medium heat. Cook for about 2 minutes, stirring, just until tomatoes soften. This brief cooking helps break the tomatoes down and makes it easier to process them through a manual machine. As you will be simmering your tomatoes ‘dry’, i.e. without any oil, so be careful to avoid scorching.

Optional: Add a pinch of salt to draw out the tomatoes’ liquid.

Note: If you have an electric tomato mill or food mill and a strong arm, you can skip this initial cooking step, if you like.

In layers, push the chopped tomatoes into a bottle. With a long-handle implement (ie. A spatula) press the tomatoes into the bottle, pressing some of the tomatoes juice out. Get rid of large air bubbles by tapping the bottle on the table or moving the tomatoes and juice around in the bottle. Repeat the layering process until the bottle is full to 2cm below the top of the bottle. Cap the bottle firmly and your tomatoes are ready for water bath preserving (see machine method on pg. 2)

Using these tomatoes

To make a passata from the whole tomatoes, blend some batches of preserved whole tomatoes.

If need be, half cook your pasta or rice and then add the puréed tomatoes to the pasta or rice can absorb some of the water from the tomato purée.



www.ceresfairfood.org.au

Ph: +61 (03) 8673 6288

Email: info@ceresfairfood.org.au

[IG] [FB] @ceresfairfood

