

Saucing Tomatoes

Bialik College Kitchen Garden Program



Ingredients:

- box of saucing tomatoes

Equipment:

- tomato food mill
- slotted spoon
- preserving jars with lids
- large towel
- large pot

Method:

1. Check through the box of tomatoes, remove any that are not up to scratch.
2. Give the tomatoes a good wash and bring a large pot of water up to the boil.
3. Plunge a handful of tomatoes into the boiling water, just to loosen their skin.
4. The next step is to take the tomatoes out of the boiling water, drain the water out of them using a large towel. Once cooled slightly, give them a slight squeeze to remove any excess liquid.
5. Put them through a food mill which will separate the skin and seeds from the pulp.
6. Ensure bottles are clean & properly sterilised. This can be done by boiling the jars in a large pot of water and allowing them to dry before filling them or putting them through a dishwasher cycle.
7. Fill the bottles, not to the very top and seal them with lids that seal tight.
8. Once bottles are sealed, they can be placed back into a large pot of boiling water for 10-15 minutes. Cover them in water right up to the neck of the bottle. This process kills off any bacteria, thus preserving the passata so that it lasts for months to come.