



OVEN BROWNED TOMATOES

RECIPE FROM LOUISE BERNDT | SERVES 6

This way of cooking tomatoes draws off all the wateriness and concentrates the tomato flavor to its savory essence.

- 1 to 1 ½ tomato per person
- chopped Italian (flat leafed) parsley
- finely chopped garlic
- salt to taste
- pepper to taste
- olive oil to come up the side of the baking dish to ¼ inch

Preheat the oven to 350°F. Slice the tomatoes in half.

Crowd the tomato halves into a large baking dish. They will reduce and concentrate flavor during cooking. Sprinkle them with salt, pepper, and parsley. Pour olive oil over tomatoes until it comes to about ¼ in baking dish.

Cook for 1 to 1 ½ hours, basting with oil from time to time. The tomatoes will have shrunk to ⅔ to ½ size and be partly blackened. Transfer to serving dish with slotted spoon.

Reserve the oil they have cooked in. It is great as oil for salad dressing. Any left over tomatoes can be conserved for a week or two in the reserved oil. They are great added to soup or stews.

ACCESS MORE RECIPES & VIRTUAL COOKING CLASSES



MSU EXTENSION • AMBER KASTEN, RDN
PORTAGE HEALTH FOUNDATION • SAULT TRIBE ELDER SERVICES DIVISION



OVEN BROWNED TOMATOES

RECIPE FROM LOUISE BERNDT | SERVES 6

This way of cooking tomatoes draws off all the wateriness and concentrates the tomato flavor to its savory essence.

- 1 to 1 ½ tomato per person
- chopped Italian (flat leafed) parsley
- finely chopped garlic
- salt to taste
- pepper to taste
- olive oil to come up the side of the baking dish to ¼ inch

Preheat the oven to 350°F. Slice the tomatoes in half.

Crowd the tomato halves into a large baking dish. They will reduce and concentrate flavor during cooking. Sprinkle them with salt, pepper, and parsley. Pour olive oil over tomatoes until it comes to about ¼ in baking dish.

Cook for 1 to 1 ½ hours, basting with oil from time to time. The tomatoes will have shrunk to ⅔ to ½ size and be partly blackened. Transfer to serving dish with slotted spoon.

Reserve the oil they have cooked in. It is great as oil for salad dressing. Any left over tomatoes can be conserved for a week or two in the reserved oil. They are great added to soup or stews.

ACCESS MORE RECIPES & VIRTUAL COOKING CLASSES



MSU EXTENSION • AMBER KASTEN, RDN
PORTAGE HEALTH FOUNDATION • SAULT TRIBE ELDER SERVICES DIVISION