

Antipasti tomatoes (pickled dried tomatoes)

Cuisine: Italian
Food category: Vegan dishes








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Program steps


1


 Hot air


 0 %

 Termination by time

 10:00 hh:mm

 65 °C

 80 %



Ingredients - number of portions - 4		
Name	Value	Unit
tomato	500	g
garlic cloves, finely chopped	5	pcs
rosemary	1	pcs
sea-salt	1	pcs
olive oil	250	ml

Nutrition and allergens	
Allergens: Minerals: Ca, Fe, K, Mg Vitamins: A, D, E, K	
Nutritional value of one portion	Value
Energy	25 kJ
Carbohydrate	5 g
Fat	0.3 g
Protein	1.1 g
Water	0 g

Directions

The traditional sun-dried tomatoes of Italy are halved, sprinkled with a little salt and then left to dry in the sun for several hours. But dried tomatoes also work perfectly in the combi steamer, so your own harvest can bring the taste of summer back to your plate on cold winter days. The quantities and types of herbs specified can be varied depending on taste.

Make a paste from 4 finely chopped garlic cloves and finely chopped herbs together with a little salt and a dash of olive oil. Halve the fresh tomatoes, brush the underside with a little oil, brush the top with a little seasoning paste and place them, skin side down, on a coated frying basket. Dry them for about 10 hours at 65 °C in hot air mode with the steam flap fully open. The drying time varies depending on the size and moisture content of the tomatoes. When the tomatoes are then marinated in olive oil, they do not have to be completely dry, but just enough so that no more moisture comes out when you press them. It is important that they are then completely covered with olive oil. The jars are previously sterilized at 99 °C in steam mode for 10 minutes.

The tomatoes are ideal on their own as antipasti with some baguette, but are also excellent in salads or in pasta sauce. The flavoured olive oil can also be used very well in salads or for dipping.



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