

Olive



**TOMATOES**

# GRILLED TOMATO & MOZZARELLA FLATBREAD

## MARINATED CHERRY TOMATOES

### INGREDIENTS

125g QUARTERED CHERRY TOMATOES  
40ML OLIVE OIL  
3 TBS CIDER VINEGAR  
2 TSP ITALIAN SEASONING  
1/2 RED ONION  
1/2 TSP SALT  
1 1/2 TSP HONEY OR SUGAR  
FRESH CHOPPED BASIL

### METHOD

- COMBINE ALL INGREDIENTS AND LEAVE FOR TWO HOURS.

## TOMATO BASE

### INGREDIENTS

2 TBS OLIVE OIL  
6 CLOVES GARLIC, CRUSHED  
1 28 OZ TOMATO SAUCE  
2 6 OZ TOMATO PASTE  
1 1/2 TSP BASIL  
1 1/2 TSP OREGANO  
1/4 TSP SALT  
1/4 TSP GRANULATED SUGAR  
1/4 TSP BLACK PEPPER  
1/4 TSP ONION POWDER

### METHOD

- IN A MEDIUM SIZED POT SET TO MEDIUM-LOW HEAT, ADD OIL AND GARLIC AND COOK UNTIL FRAGRANT.
- ADD THE REST OF INGREDIENTS AND STIR UNTIL COMBINED. SIMMER FOR 30 MINUTES.

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# GRILLED TOMATO & MOZZARELLA FLATBREAD

...CONTINUED

## INGREDIENTS

1 FLAT BREAD  
1 MOZZARELLA BALL  
BALSAMIC VINEGAR  
HANDFUL OF SPINACH  
5g BUTTER

## METHOD

- WARM THE FLATBREAD EITHER IN THE OVEN OR UNDER THE GRILL.
- SPREAD THE TOMATO BASE ACROSS THE FLATBREAD LEAVING A 1CM GAP FROM THE EDGE.
- WILT SPINACH LIGHTLY IN A PAN WITH THE BUTTER THEN SQUEEZE LIQUID OUT.
- PLACE THE MARINATED TOMATOES, RED ONION AND WILTED SPINACH OVER THE SAUCE.
- TEAR THE MOZZARELLA BALL AND PLACE OVER TOMATOES.
- PLACE IN OVER OR UNDER A GRILL UNTIL THE MOZZARELLA HAS MELTED
- GARNISH WITH CHOPPED BASIL AND A DRIZZLE BALSAMIC VINEGAR

# TOMATO & GARLIC RISOTTO

## INGREDIENTS

- 1 TABLESPOON PLUS 1 TEASPOON OLIVE OIL, DIVIDED
- 1 POUND YELLOW ONIONS THINLY SLICED
- 1 TEASPOON ORGANIC GRANULATED SUGAR
- 2 POUNDS ON THE VINE TOMATOES HALVED (OR A 15 OUNCE CAN OF TOMATOES)
- 3 GARLIC CLOVES, MINCED
- 70ML WHITE WINE
- 2 TABLESPOONS TOMATO PASTE
- 2 TABLESPOONS FRESH THYME LEAVES (OR 2 TEASPOONS DRIED)
- 125g ARBORIO RICE
- 2.5LTR CUPS VEGETABLE BROTH, WARMED
- 100ML CUP FULL-FAT COCONUT MILK
- SALT TO TASTE
- 1/2 TEASPOON BLACK PEPPER, OR TO TASTE

## METHOD

- COAT THE BOTTOM OF A LARGE POT WITH 1 TABLESPOON OF OLIVE OIL AND PLACE OVER MEDIUM-LOW HEAT.
- ADD THE ONION AND TOSS A FEW TIMES TO COAT THE ONIONS WITH OIL.
- AFTER 20 OR 30 MINUTES THE ONIONS SHOULD BEGIN TO SOFTEN UP AND DARKEN (IF NOT, TURN UP THE HEAT JUST A SMIDGE). STIR IN THE SUGAR AT THIS POINT.
- CONTINUE TO COOK UNTIL THE ONIONS ARE VERY SOFT AND BROWN, ABOUT 30 MINUTES MORE, STIRRING OCCASIONALLY.
- WHILE THE ONIONS CARAMELIZE, PREPARE THE TOMATOES (UNLESS USING CANNED). PREHEAT THE OVEN TO 400F.
- RUB THE TOMATO HALVES WITH 1 TEASPOON OF OLIVE OIL AND ARRANGE THEM IN AN OVEN SAFE SKILLET OR ROASTING PAN.
- ROAST THE TOMATOES UNTIL THE SKINS BECOME WRINKLY AND BLISTERED, ABOUT 25 MINUTES.
- REMOVE THE TOMATOES FROM THE OVEN AND ALLOW THEM TO COOL FOR A BIT. WHEN THE TOMATOES ARE COOL ENOUGH TO HANDLE, REMOVE THE SEEDS AND PEELS, THEN COARSELY CHOP THE TOMATOES. RETAIN ANY JUICES THAT FORM IN THE PAN WHILE THEY ROAST.
- WHEN THE ONIONS ARE CARAMELIZED, TURN THE HEAT UP TO MEDIUM AND ADD THE GARLIC. SAUTE FOR ABOUT 1 MINUTE, UNTIL VERY FRAGRANT.

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# TOMATO & GARLIC RISOTTO

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- STIR IN THE WINE, TOMATOES, TOMATO PASTE AND THYME. RAISE THE HEAT AND BRING THE LIQUID TO A BOIL.
- LOWER THE HEAT AND ALLOW THE MIXTURE TO COOK FOR ABOUT 5 MINUTES, UNTIL THE LIQUID REDUCES BY ABOUT A THIRD.
- STIR THE RICE INTO THE POT. ALLOW THE MIXTURE TO SIMMER, STIRRING FREQUENTLY, UNTIL MOST OF THE REMAINING LIQUID HAS BEEN ABSORBED BY THE RICE.
- BEGIN ADDING THE BROTH, ABOUT 1/2 CUP AT A TIME, AND ALLOWING THE MIXTURE TO SIMMER UNTIL MOST OF THE LIQUID AS BEEN ABSORBED BEFORE MAKING THE NEXT ADDITION. STIR THE MIXTURE FREQUENTLY DURING THIS PROCESS AND CONTINUE UNTIL YOU'VE ADDED BETWEEN 3 AND 4 CUPS OF BROTH AND THE RICE IS TENDER, FOR ABOUT 20 MINUTES.
- STIR IN THE COCONUT MILK AND ALLOW THE MIXTURE TO SIMMER FOR 2 OR 3 MINUTES MORE, UNTIL THE SAUCE IS THICK AND CREAMY.
- REMOVE THE POT FROM HEAT AND SEASON WITH SALT AND PEPPER.