



Tomatoes should be ripened at room temperature. Store in the fridge once fully ripe – they will keep for several days once ripe.

Tomatoes come in all shapes, sizes and colours – not just red!

- Small, sweet cherry tomatoes are great for packed lunches and on skewers on the barbecue.
- Plum tomatoes are best cooked as they are very fleshy and make rich sauces.
- Salad tomatoes are firm and easily sliced or segmented and put in sandwiches to liven up cheese or meat fillings.
- Beefsteak tomatoes are huge and good stuffed and baked or halved and grilled.

Tomatoes and fresh basil are a classic combination (and also benefit from being grown together too).



Tomato Soup

Preparation and cooking time: about 40 minutes

serves

4

Ingredients

- 6 ripe tomatoes
- 1 large onion
- 1 stock cube
- 1 tablespoon vegetable oil
- freshly ground black pepper
- pinch sugar
- 1 teaspoon dried oregano
or basil
- 1-2 teaspoons Worcester sauce

Method

- Peel and chop the onion.
- Heat the oil in a saucepan over medium heat. Add the onions and cook slowly, stirring, until starting to turn golden.
- Chop the tomatoes and add to the onion. Cook for 5 minutes until soft.
- Add the stock cube, herbs and seasonings and 750ml (1 1/2 pints) boiling water.
- Simmer gently, covered, for about 10-15 minutes.
- Serve with fresh crusty bread for tea-time treat!

Variations:

- If you have a bit of lettuce, or other green leaf vegetable, you can add this to the soup finely shredded before adding the water.
- Try liquidising with blender for a smooth soup and serve with swirl of yoghurt or crème fraîche.
- Try using different stock cubes for a change.
- Add different herbs or include a bayleaf too.