

# XCentric Ideas



August 2015

Volume 10 — Issue 7

by

**ALMA PRETORIUS**

[alma@xcentricideas.co.za](mailto:alma@xcentricideas.co.za)

[www.xcentricideas.co.za](http://www.xcentricideas.co.za)

Recipes from the Internet  
Photos my own

# Pickled cherry tomatoes

2 cups fresh cherry tomatoes, rinsed, leaves removed  
2 tsp crushed garlic  
1 cup white vinegar  
1 cup water  
5 tbsp brown sugar  
1 tsp salt  
Ginger zest, to taste  
Lemon zest, to taste  
4 black peppercorns for each jar  
Fresh rosemary / dill branch for each jar  
3 x 250 ml jam jars



Poke each tomato 2-3 times with a skewer. Place in sterilised jars. Add fresh rosemary branches / dill.

In a medium sauce pan combine the garlic, water, vinegar, sugar, ginger zest and lemon zest and salt.

Heat to a boil, stirring to dissolve the sugar and salt.

Ladle the pickling juices over top of tomatoes until you've reached nearly the top of the jar. Let cool at room temperature before securing a lid and popping them into the fridge. Refrigerate for at least 24 hours before eating them. They can be kept in fridge for a few weeks.

# Tomato puree a la alma

4 medium tomatoes  
1/8 c brown sugar  
1/8 c white vinegar  
1 tsp smoked / normal Paprika  
1 tsp crushed Garlic  
1 tsp ground ginger powder  
1 tsp cayenne pepper  
1 tsp ground white pepper  
1 tsp coarsely crushed coriander seeds  
About 1/2 tsp Salt

Blend the tomatoes in blender/processor till nearly smooth.  
Put in pan on stove, add the other ingredients and let it simmer till liquid has dissolved.

Or add all the ingredients to a microwave dish with lid.  
Micro on High for 15 minutes.

For a smoother 'ketchup' sauce:

After you've cooked / microwaved this sauce, add a bit more water and liquidize it.

Pour these sauce(s) in sterilized jars / bottles and keep in fridge. *Perfect for pasta sauce, on sandwiches with cheese, on steak, etc.*



# Tomato 'bruschetta'

1 large organic tomato, cut into fourths horizontally  
1/4 cup freshly grated Parmesan cheese / cheddar cheese  
1/4 cup bread crumbs (gluten free or normal)  
2 cloves of garlic, minced  
small handful of fresh parsley, chopped  
pinch of coarse salt  
pinch of freshly ground pepper  
1-2 teaspoons extra-virgin olive oil

Preheat oven to 220° C.

Mix the bread crumbs and cheese together.

Place the tomatoes on a baking sheet (lined with parchment paper). Top with garlic followed by Parmesan/bread crumbs mixture, salt and pepper and parsley. Drizzle with oil and bake until the tomatoes are tender, about 10 minutes.



# Kidney bean and tomato muffins

1/4 cup Greek yoghurt  
1 large egg  
1 can (425 g) kidney beans, drained and mashed  
1 1/4 cup all purpose flour  
1 tsp baking soda  
1 tsp ground cinnamon  
1 cup diced tomatoes, skin and juice  
Black pepper  
Mixed herbs  
1 tsp garlic  
1 tsp cayenne pepper

Preheat oven to 200 oC. Mix everything together.

Fill muffin pans 3/4 full. Bake for 20 minutes or till test skewer comes out clean.

## Filling:

Blend smooth cottage cheese with ketchup.



# Cherry tomato clafoutis

Recipe is for a 15 cm diameter glass dish – but recipe can easily be doubled / trebled

1 cup fresh cherry tomatoes

2 large eggs

1/4 cup milk

1/8 cup fresh cream

1/8 cup all purpose flour

Dried mixed herbs

1 wheel feta cheese, cubed

Grated cheddar cheese

Salt, pepper

Preheat oven to 180 oC. Grease your bowl. Add the cherry tomatoes evenly spaced. Add the feta cheese cubes in-between the tomatoes. Whisk together the eggs, milk, cream, flour, herbs, salt and pepper till smooth and free of lumps.

Slowly pour the mixture over the tomatoes, being careful not to clump the tomatoes together. Sprinkle with cheese.

Bake until puffy and golden brown – about 35 minutes.

*Perfect side-dish or serve it as a main dish with a green salad / vegetables.*



# Fresh tomato spice cake

500 g ripe tomatoes  
2 large eggs  
1 and 1/8 cup brown sugar  
1 cup vegetable oil  
2 cups all-purpose cake flour  
1 teaspoon baking soda  
Salt  
1 heaped teaspoon ground cinnamon  
1 heaped teaspoon ground nutmeg  
½ teaspoon ground ginger



Preheat oven to 180 oC. Line a square baking tin with parchment (baking paper) and grease the paper. Wash tomatoes, cut off the little stem part, slice into quarters. Puree tomatoes in food processor till liquidy – no big lumps.

Beat the eggs and sugar till smooth and add the oil. Sift all the dry ingredients. Gently stir the tomatoes into the dry ingredients. Add the egg-oil-sugar mixture and fold till no flour is visible. Pour into prepared pan, smoothing top with spatula.

Bake for 35-45 minutes, until centre tests clean with a toothpick and no longer jiggles. Let cool completely in pan, then transfer to a large plate or cutting board. Let it cool completely before icing.

## Icing:

For an easy, pretty icing, whisk together **¾ cup powdered sugar (icing sugar), 2 tablespoons lemon juice, few drops of water**, and a few dashes **cinnamon** and **nutmeg**. It must be a smooth liquid. If its too dry, add little bit more water. Drizzle diagonally over cake using a fork or plastic bag with a small hole cut in its corner. Let icing dry before serving.

You can add orange zest / raisins / nuts