

# Tomatoes: Act II

Summer's half over, but the red and yellow show rolls on. Three cooking methods—roasting, melting, and simmering—keep the rave reviews coming all season long.

BY RICHARD SWEARINGER | PHOTOS ANDY LYONS | FOOD STYLING CHARLES WORTHINGTON



## Roasted

High heat brings out the natural sweetness in tomatoes and releases their flavorful juices. Toss with oil and vinegar, then they're ready to serve.

ROASTED TOMATO  
BREAD TOSS  
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## Roasted Tomato-Bread Toss

PREP 20 min. ROAST 20 min. OVEN 400°F

- 2 lb. cherry or grape tomatoes (about 6 cups)
- 6 cups torn baguette or Italian bread (12 oz.)
- 2 to 3 Tbsp. olive oil
- ½ cup pitted Kalamata and/or green olives
- 2 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- 4 cloves garlic, minced
- ½ tsp. kosher salt
- ½ tsp. freshly ground black pepper

1. Position one oven rack in upper third of oven. Preheat oven to 400°F. Line 15x10x1-inch baking pan with parchment paper. Wash tomatoes; pat dry with paper towels. Arrange tomatoes in single layer in prepared pan. Place bread in large bowl; drizzle 2 to 3 tablespoons oil over pieces. Toss to coat. Arrange bread in single layer on second large baking pan.
2. Roast tomatoes on upper rack, bread on lower rack for 20 to 25 minutes. Roast tomatoes just until skins begin to split and wrinkle, gently stirring once. Roast bread until lightly toasted, stirring once.
3. Transfer bread and olives to tomato pan. Combine remaining 2 tablespoons olive oil, balsamic vinegar, garlic, salt, and pepper; drizzle over tomatoes, olives, and bread. Toss gently, transfer to serving bowl. Makes 8 side-dish servings.

EACH SERVING 215 cal, 10 g fat, 0 mg chol, 494 mg sodium, 28 g carb, 3 g fiber, 5 g pro.

**Melted** Slow, low-temp baking intensifies the flavor of tomatoes; use this method to rescue tomatoes that come off the vine a little under- or over-ripe.

## Melted Tomatoes

PREP 15 min. BAKE 1 hr. 30 min.  
COOL 15 min. OVEN 300°F

- 2 lb. medium tomatoes, cut up (about 7 cups)
- 3 Tbsp. olive oil
- ¼ cup snipped fresh basil
- ¼ tsp. salt
- ¼ tsp. ground black pepper
- 1 recipe Green Onion Chicken, below  
Lemon Wedges and fresh basil

1. Preheat oven to 300°F. Place tomatoes in an even layer in 3-quart baking dish. Drizzle with olive oil, then sprinkle with basil, salt, and pepper. Bake, uncovered, for 1½ to 2 hours or until tomatoes are slightly dried and soft. Cool about 15 minutes.
2. To serve, transfer tomatoes to serving platter. Add Green Onion Chicken, lemon wedges, and fresh basil. Makes 4 to 6 servings.

EACH SERVING 134 cal, 11 g fat, 0 mg chol, 157 mg sodium, 11 g carb, 3 g fiber, 2 g pro.

## Green Onion Chicken

PREP 15 min. CHILL 8 hr. or overnight  
GRILL 55 min.

- 4 whole chicken legs (drumstick and thigh)
- ½ cup chopped green onions, white and green portions (about 4)
- ¼ cup olive oil
- Salt and ground black pepper

1. Skin chicken, if desired. In plastic bag set in shallow dish place chicken, green onions, and olive oil. Sprinkle with salt and pepper. Turn chicken to coat in green onions. Cover and refrigerate at least 8 hours.
2. For charcoal grill, arrange medium-hot coals around drip pan. Test for medium heat above pan. Place chicken, bone side down, on grill rack over drip pan. Cover and grill 30 minutes. Turn then grill 25 to 30 minutes more or until chicken is no longer pink (180°F). (For gas grill, preheat grill. Reduce heat to medium; adjust for indirect cooking. Grill as above.) Makes 4 to 6 servings.

EACH SERVING 436 cal, 34 g fat, 139 mg chol, 280 mg sodium, 1 g carb, 0 g fiber, 31 g pro.



**Simmered** A little flour whisked into chopped tomatoes creates a thick, rich sauce with short cooking time, which helps the tomatoes retain fresh flavor.

### Quick Paprika Steaks with Tomato Gravy

START TO FINISH 25 min.

#### For steaks

- 1 Tbsp. olive oil
- ¼ cup all-purpose flour
- 1 tsp. paprika
- ½ tsp. salt
- ¼ to ½ tsp. ground black pepper
- 4 4-oz. beef breakfast or skillet steaks, about ½ inch thick
- 2 oz. queso fresco or Monterey Jack cheese, thinly sliced
- Arugula

#### For Tomato Gravy

- 6 medium tomatoes, seeded and cut up
- 6 cloves garlic, chopped
- 2 Tbsp. olive oil
- 1 to 2 Tbsp. snipped fresh sage
- ¼ tsp. salt
- ½ tsp. ground black pepper

**1.** For steaks, in 12-inch skillet heat oil over medium-high heat. Reduce heat to medium. In shallow dish combine flour, paprika, salt, and pepper. Dredge steaks in flour mixture (reserve any remaining flour mixture). Cook steaks, uncovered, in hot oil 4 to 5 minutes per side or until medium doneness (160°F); top with cheese the last 2 minutes of cooking. Set aside; keep warm.

**2.** While steaks are cooking, place tomatoes in food processor. Cover and pulse, with several on-off turns, until tomatoes are coarsely chopped.

**3.** For Tomato Gravy, in the same skillet cook and stir garlic in the 2 tablespoons oil over medium heat for about 1 minute or until garlic is golden. Stir in tomatoes, snipped sage, reserved flour mixture, salt, and pepper. Bring mixture to boiling, reduce heat and simmer, uncovered, about 5 minutes or until desired consistency. To serve, place a small handful of arugula leaves on each plate, top with a steak, then ladle over some of the Tomato Gravy; pass any remaining gravy. Makes 4 servings.

**EACH SERVING** 310 cal, 16 g fat, 67 mg chol, 551 mg sodium, 16 g carb, 3 g fiber, 26 g pro. ■

