Southeast Area Farmers’ Market

Green Tomato Recipe Book

Your Guide to Cooking, Canning and Enjoying Green Tomatoes
# Southeast Area Farmers’ Market

## Green Tomato Recipe Book

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Fried Green Tomatoes

Source: http://southernfood.about.com/library/weekly/aa072097.htm

Yes, Southerners really do eat fried green tomatoes; and they eat fried red tomatoes too. If you haven’t tried them, you’re in for a treat!

Native to Mexico and Central America, it’s not clear how tomatoes came to the U.S.. Thomas Jefferson grew them in the 1780s and credited one of his neighbors with the introduction, but Harriott Pinckney Horry recorded a recipe "To Keep Tomatoes For Winter Use" in 1770. There is a folk legend that they were introduced by African slaves who came to North America by way of the Caribbean, and some historians believe that the Portuguese introduced tomatoes to the West Coast of Africa.

There are plenty of ways to coat and fry your tomatoes; use bread crumbs, cracker crumbs, cornmeal, or flour. Some people dip them in beaten eggs before dredging, while some just dredge then fry. Salt and pepper them first, and use a little bacon greace for flavor if you have it.

Choosing and Storing Tomatoes

Home-grown tomatoes are usually the best, but if you have to buy them, look for firm ones and pay attention to the fragrance. White specks mean they have been forced to ripen with gas. If you have an abundance of good fresh tomatoes, freeze them whole. Just wash, dry, and pop them in freezer bags. They’ll retain their flavor, and once thawed the peel will slip off easily. Use them in any recipes calling for fresh tomatoes except salads.

Fried Green Tomatoes Aren’t Your Only Choice!

By Jane Brose, Colorado State University

If cooler temperatures are threatening the remains of your tomato crop, here’s good news. You can do a lot with tomatoes, even if they aren’t ruby red!

Though tomatoes are best when they are vine-ripened to a dark red, you can salvage and enjoy them when they are only partially red or even when they’re still green. You also can extend the harvest season. Protect tomato plants against early fall frosts by covering the plants in the evening when frost is predicted. Cover with burlap, cardboard boxes, or old sheets. Remove coverings during the daylight hours.
You also can use plastic sheeting, but if the plastic touches the plant, injury will occur. A better alternative may be to construct a temporary plastic greenhouse over the plants. Support the plastic so that it doesn’t come in contact with the foliage. Ventilate to prevent excess buildup of heat during the day. Later, when frosts occur regularly, there will not be enough ground heat to prevent freezing within the shelter.

During the fall when frost is likely, mature green fruit can be picked and will develop a red color when kept in a fairly warm, dry place. When you harvest, remove the stems from the tomatoes. Wash and dry them before storing. Be careful not to break the skins.

Separate the green tomatoes from those that are showing red. Place green mature tomatoes in a room where the temperature is 60 degrees to 70 degrees F. The tomatoes will ripen over a period of two to four weeks. Sunlight is not needed to ripen green-ripe tomatoes, so don’t bother to put them on window sills. They ripen satisfactorily in the dark. Generally, tomatoes store best at 55 to 60 degrees F., in moderate humidity and with good air circulation. Check tomatoes once a week to monitor the ripening. Remove the ripe ones and any that have begun to decay. Store ripened tomatoes in a basement storage room up to one month.

You also can wash the mature green fruits in a weak solution of household bleach and then wrap in paper to store and ripen. Or, some people pull up the vines just before frost and hang them in the basement or garage to ripen. The fruit is in the "mature-green" state if the tissues are gelatinous or sticky when the tomato is cut and if the tomato interior is yellowish. Immature green tomatoes don’t ripen satisfactorily.

To check your judgement of mature-green, cut a tomato in half. If the pulp that fills the compartments is jelly-like, it is mature green. The seeds are dragged aside easily by a knife and not cut through. In immature green tomatoes, seeds are easily cut through and the jelly-like pulp has not yet developed. Usually you also can recognize the mature green ones by their glossiness and more whitish green color.

"But what do I do with green tomatoes?" If you’re near the Whistle Stop Cafe, fried green tomatoes may be the order of the day. But for a more heart-healthy approach, try some of the following suggestions.
Why Tomatoes Are Good For You
Source: http://www.fabulousfoods.com/features/featuring/tomnutri.html#cancer

Tomatoes are not only one of our favorite foods, but they are also one of the most important, from a nutrition standpoint. As you'll see in the chart, tomatoes are a reliable source of vitamins and minerals—they are especially notable for being high in vitamin C and a good source of vitamin A. Nutrients in a one serving size of 5.5 ounces of a ripe tomato include: 35 calories, 1 gram of protein, 6 grams of carbohydrates, 1 gram of fat, 10 milligrams of sodium, 360 milligrams of potassium, and 1 gram of dietary fiber. It provides 20% of daily Vitamin B, 40% of Vitamin C, 2% of Iron and 10% of Potassium.

A thorough review of scientific literature strengthens the evidence that eating tomatoes and tomato-based products can provide powerful protection against many kinds of cancer. Dr. Edward Giovannucci, a leading cancer researcher at Harvard Medical School, reached this conclusion after analyzing the results of 72 studies on the health effects of tomatoes.

"The antioxidant properties of lycopene, a carotenoid found primarily in tomatoes, have raised interest in the tomato as a food with potential anticancer properties," says Dr. Giovannucci, whose research review appeared in the February 17, 1999, issue of the Journal of the National Cancer Institute. Some studies examined dietary differences between cancer patients and people free of the disease, while others measured lycopene levels in blood plasma. A total of 57 studies present convincing evidence of a relationship between tomato consumption or blood lycopene level and the risk of cancer.

The data are strongest for cancers of the prostate gland, lung and stomach, but also extend to several other kinds, including breast, pancreatic, colorectal, esophageal, oral and cervical cancers. According to Dr. Giovannucci, these benefits were observed whether the diets contained fresh or processed tomatoes.

Researchers believe that lycopene neutralizes harmful free radicals that can damage cells and trigger cancer. But researchers believe that cancer protection most likely comes from a complex interaction between lycopene and other phytochemicals and nutrients present in tomatoes.

The author advises that current recommendations should emphasize the health benefits of diets rich in a variety of fruits and vegetables, including tomatoes and tomato-based products. Though there is strong evidence connecting lycopene and cancer protection, researchers are not in agreement about how this occurs.
Chapter 1

The Original Fried Green Tomato

Simple Southern Style

Source: http://home.att.net/~ejlinton/tomatoes.html

Yield: 28 Slices
Ingredients
Large green tomatoes
Beaten eggs
1 can (5 oz.) evaporated milk
1/3 cup water
1 1/2 cups all purpose flour

Cooking Instructions
Grease two 15 x 10 x 1" baking pans. (If you don’t have two pans, bake tomatoes in batches.) Slice tomatoes 1/4 " thick. In a shallow bowl mix eggs, milk, water, 1 teaspoon salt and 1/4 teaspoon pepper. Put flour in a shallow bowl. Dip each slice into egg mixture, then into flour. Dip each slice into egg and flour again. Arrange tomatoes in pans, so that edges do not touch. Bake uncovered in 400° oven 20 minutes, turning after 10 minutes.

Piece de Resistance

Source: http://members.aol.com/urrghhh/green.html

Ingredients
3 green tomatoes
1 cup of cornmeal OR 1 cup of flour (which I prefer)
1 teaspoon of salt
1/4 teaspoon of freshly ground black pepper
1/2 cup of buttermilk
Oil or bacon grease

Cooking Instructions
Wash and dry tomatoes and cut out the hard stem area at the top. Slice as thick or as thin as you like, usually around a 1/4 inch. In a shallow bowl mix dry ingredients. Pour buttermilk in second bowl. Dip slices in buttermilk first, then into the dry. Fry over medium heat turning once. Now, you can do it this way, or if you prefer you can simply leave out the buttermilk and they’re just as tasty. Be sure to use the drippings for cream gravy.
**Georgia Girl Style**

Source: http://www.gagirl.com/southern/tomatoes.html

**Yield:** 4 Servings

**Ingredients**
- Large green tomatoes
- 2 cups plain white corn meal
- 1 1/2 tablespoon salt
- Pinch of black pepper
- 1/2 cup cooking oil

**Cooking Instructions**

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**Oven Fried**

Source: http://southernfood.about.com/library/rec01/bl10712e.htm

**Yield:** 28 Slices

**Ingredients**
- Large green tomatoes
- Beaten eggs
- 1 can (5 oz.) evaporated milk
- 1/3 cup water
- 1 1/2 cups all purpose flour

**Cooking Instructions**
Grease two 15 x 10 x 1” baking pans. (If you don’t have two pans, bake tomatoes in batches.) Slice tomatoes 1/4 ” thick. In a shallow bowl mix eggs, milk, water, 1 teaspoon salt and 1/4 teaspoon pepper. Put flour in a shallow bowl. Dip each slice into egg mixture, then into flour. Dip each slice into egg and flour again. Arrange tomatoes in pans, so that edges do not touch. Bake uncovered in 400° oven 20 minutes, turning after 10 minutes.
Beautiful South
Source: http://www.starchefs.com/S1_tomatoes.html

Ingredients
1 egg
2 tablespoons milk
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
1/2 cup 9 2 oz/60 g sifted all-purpose (plain) flour
3/4 cup (4 oz/125 g) yellow cornmeal
vegetable oil for frying
3 firm green (unripe) tomatoes, cored and cut into 12 slices
Salt and freshly ground black pepper to taste
Sprigs of fresh thyme for garnish (optional)
Preheat an oven to 200 degrees F (93 C)

Cooking Instructions
In a medium bowl, combine the egg, milk, the 1/2 teaspoon salt and the
1/4 teaspoon pepper and beat until well blended. In another medium
bowl, combine the flour and cornmeal.
In a heavy, deep skillet over medium-high heat, pour the oil to a depth of
1/2 in (12 mm) and heat to 350* F (180* C) on a deep-fry thermometer. Dip the tomato slices in the egg mixture to coat evenly. Then dip in the
cornmeal mixture, shaking off any excess and wiping your hands to avoid
build-up. Fry the tomatoes in 3 batches, turning once, until the coating is
crisp and light golden brown on both sides, a total of 3-5 minutes per
batch.

Working quickly with a slotted
spatula, transfer the tomatoes to a
baking sheet lined with paper towels to drain. Then transfer the to-
matoes to a baking sheet lined with aluminum foil and place in the
warm oven until all the batches are ready to serve. Sprinkle with salt
and pepper and serve warm. Garnish with thyme sprigs, if desired.
Bryant Terry’s Vegan Fried Green Tomatoes

**INGREDIENTS:**
- 2 large bunches collard greens, ribs removed, cut into a chiffonade, rinsed and drained.
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 2/3 C raisins

**PREPARATION:** In a large pot over high heat, bring 3 quarts of water to a boil and add 1 tablespoon salt. Add the collards and cook, uncovered, for 8 to 10 minutes, until softened. Meanwhile, prepare a large bowl of ice water to cool the collards. Remove the collards from the heat, drain, and plunge them into the bowl of cold water to stop cooking and set the color of the greens. Drain by gently pressing the greens against a colander.

In a medium-size sauté pan, combine the olive oil and the garlic and raise the heat to medium. Sauté for 1 minute. Add the collards, raisins, and 1/2 teaspoon salt. Sauté for 3 minutes, stirring frequently. Add orange juice and cook for an additional 15 seconds. Do not overcook (collards should be bright green). Season with additional salt to taste if needed and serve immediately. (This also makes a tasty filling for quesadillas.)

Makes 3 large servings of joy.
From Vegan Soul Kitchen by Bryant Terry

Used by permission of Bryant Terry, internationally renown chef, author and food justice activist.
Chapter 2

Soups, Salads and Appetizers

Chilled Curried Green Tomato Soup
Source: http://www.oldfashionedliving.com/greentomatoes.html

Ingredients
1 Tablespoon olive oil
3 Minced garlic cloves
1 Large onion, finely chopped
2 teaspoons curry powder
1 Large potato, peeled and cubed
4 Large green tomatoes, peeled and cubed (about 2lbs.)
2 Cups chicken stock
3 Tablespoons chopped fresh cilantro
2 Tablespoons chopped fresh mint
1 Tablespoon sugar
1/2 Cup whipping cream
Salt and pepper to taste
Additional fresh mint for garnish

Cooking Instructions
Heat oil over medium-low heat in a large saucepan. Add garlic, onion and curry powder. Cook, stirring frequently, until onion is soft but not browned, about five minutes. Add tomatoes, potato, stock, cilantro, mint, and sugar. Bring to a boil; reduce heat, cover and simmer for about 35 minutes.

Puree soup in batches in a blender or food processor. Return to saucepan and stir in cream. Let cool and season to taste with salt, pepper and additional sugar if desired. Cover and refrigerate for at least 3 hours. Taste and adjust seasonings before serving. Garnish with mint and/or cilantro leaves if desired. Serve cold.
Big Green Tomato Sweet & Sour Salad
Source: http://www.splendidtable.org/recipes/light_bigtomato.shtml

Yield: Serves 4 to 6

Ingredients
2 to 3 large, ripe beefsteak green tomatoes (about 2 1/2 pounds), cut into 1-inch chunks
3 medium green tomatoes, cut into 1-inch chunks
1/2 cup bacon fat or extra-virgin olive oil
8 large cloves garlic, thinly sliced
Salt and freshly ground black pepper as needed
1 medium red onion, thinly sliced into long strips
2 packed tablespoons brown sugar
1 cup cider vinegar, boiled down by half
1/3 cup coarsely chopped fresh dill leaves

Cooking Instructions
Dressing can be prepared several hours ahead up to the point of adding the vinegar. The oil should be warm, but not hot, when the vinegar goes in.

Gently combine tomatoes in a large bowl. Heat fat or oil in a 10-inch skillet over medium heat. Add garlic and a little salt and pepper. Sauté about a minute, or until garlic is softened, but not browned. Stir in onion and cook another minute, just to soften slightly. Off the heat, stir in sugar until melted.

When ready to serve, warm the onion mixture (it should not be hot). Off the heat, stir in the boiled down vinegar and any liquid from the tomatoes; taste for seasoning. Pour over tomatoes, folding in the dill. Serve immediately or at room temperature.
Green Tomatoes with Goat Cheese
Source: http://www.oldfashionedliving.com/greentomatoes.html

Yield: Serves 4

Ingredients
4 medium green tomatoes
1 tablespoon balsamic vinegar
2 teaspoons minced fresh oregano leaves
1 cup crumbled goat cheese (feta or chevre)
4 teaspoons olive oil
Salt and coarsely ground fresh ground black pepper

Cooking Instructions
Cut tomatoes into 1/2 inch thick slices. Coat a shallow baking dish with oil.
Place tomato slices, in a single, overlapping layer, in the bottom of the
baking dish. Sprinkle tomatoes with vinegar and scatter minced oregano
over tomatoes. Top with crumbled goat cheese and drizzle with olive oil.
Broil 5-8 inches below a preheated broiler and broil until tomatoes are
hot and cheese is just starting to brown, about 7-8 minutes. Season with
salt and pepper and serve.

Green Tomato Fritters
Source: http://southernfood.about.com/library/rec01/bl10712c.htm

Ingredients
Green Tomatoes
Green Corn
Sugar, salt, and Ppepper
2 Eggs
1 tumbler sweet Milk
Flour

Cooking Instructions
Take equal quantities of tomatoes (skin and mince fine, and strain them
from their liquor) and green corn very tender; scrape it from the cob with
a sharp knife; use the milk of this. Season with sugar, salt, and pepper.
Add for a quart of the mixture two well-beaten eggs, one tumbler of
sweet milk, and flour enough to hold the mass together. Fry in thick cakes
in boiling lard or vegetable oil.
Hot Green Tomatoes
Source: http://www.sandisrecipecorner.com/recipe608H.htm

Yield: Serves 4

Ingredients
1/2 cup bias-sliced celery
3 green onions, bias-sliced into 1 inch pieces
2 tablespoons olive or cooking oil
1 clove garlic, minced
1/8 teaspoon crushed red pepper
3 medium green tomatoes, each cut into 6 wedges
1 tablespoon snipped cilantro or parsley
Fresh or pickled red hot pepper (optional)

Cooking Instructions
In a small microwave-safe bowl combine celery, green onion, oil, garlic, and crushed red pepper. Micro-cook, covered, on 100% power (high) for 1 1/2 minutes. Meanwhile, arrange green tomato wedges in a shallow 1 to 1 1/2 quart microwave-safe dish. Spoon the onion mixture over the tomatoes. Sprinkle cilantro over all. Cook, covered, on high for 2 1/2 to 4 minutes (low-wattage ovens: 6 minutes) or till the tomatoes are fork-tender and heated through, rotating dish once halfway through cooking. Season to taste with salt and cracked black pepper. Garnish with a fresh
Green Tomatoes w/Pickled Pepper Sauce
Source: http://grits.com/g_tomat.htm

Yield: One tomato per person

Ingredients

Fried Green Tomatoes
Salt & Pepper
1c. Eggs
1c. All purpose flour
3c. Japanese bread
1c. Vegetable oil or clarified butter

Pickled Pepper Sauce
Red or Green Bell Pepper
1 lb. Chile Peppers, Split lengthwise - to equal 2 cups
1t. Cayenne Pepper or Chili powder (divided 1/2 t & 1/2 t.)
1/2 t. Turmeric (divided 1/4 tsp & 1/4 tsp.)
1/4 t. Mustard oil
1 T. Crushed Mustard seed
1/4 c. Pickling Masala
2 t. White Vinegar
1 t. Panch Puren
10 Curry leaves

Cooking Instructions

The Japanese Bread crumbs and the Indian spices used in the Pickled Pepper Sauce are essential ingredients to achieve the wonderful flavors in this dish. The bread crumbs can be found at an oriental market and the spices at an Indian grocers. Tomato Preparation: Slice tomatoes 1/4" thick.
Sprinkle with salt & pepper, to taste and set aside. In small bowl beat eggs until well blended. Using two separate bowls, place bread crumbs in one and flour in other. Heat vegetable oil in frying pan, over medium high heat. First dip tomatoes in flour, to dust both sides. Dip floured tomatoes into beaten eggs. Dip into bread crumbs, to coat both sides. Fry until golden brown, flipping once during cooking. Drain Briefly on paper towel. Serve with Pickled Pepper Sauce.

Sauce Preparation: Julienne bell pepper, discard seeds and pits. Wearing rubber gloves, split chile peppers lengthwise, discard stems. Toss bell and chili peppers in 1/2 teaspoon cayenne or chili powder and 1/4 teaspoon turmeric. Set aside. Heat mustard oil in medium frying pan until oil begins to smoke. Very quickly stir in crushed mustard seed and remaining 1/4 teaspoon of turmeric and remaining 1/2 teaspoon cayenne or chili powder. Add all of the peppers and the pickling masala, reduce heat to medium and cook for 15 minutes, stirring frequently. Add vinegar, Panch Puren and curry leaves. Reduce to low and simmer for 15 minutes. Remove from heat, allow to cool. Cover tightly and store in refrigerator until needed, will keep for several weeks.
Tuesday Night Supper Salad
Source: http://www.splendidtable.org/recipes/salad_supper.shtml

**Ingredients**

1 medium red onion, cut into thin rounds
4 cups ice water
Pale green inner leaves of large head of curly endive, or frisee or other tangy-tasting greens
Pale inner leaves of large head of escarole, romaine, cos, or an entire small head of oak leaf lettuce
1 small head red leaf or Bibb lettuce
2 cups or so of raw vegetables (cucumber, green tomatoes, broccoli, sugar snap peas, corn, squash)
1/3 cup salted sunflower seeds or pumpkin seeds, and/or canned beans
a handful shredded cheese
1 to 2 cups leftover meat, seafood or poultry (optional)
1/2 cup fresh herbs (parsley, basil, mint, coriander)
Salt and freshly ground black pepper
2 to 3 tablespoons robust and peppery extra-virgin olive oil
2 to 3 tablespoons good tasting wine or cider vinegar

**Cooking Instructions**

Combine onion and ice water and refrigerate 30 minutes.

Wash and thoroughly dry greens. Tear into bite-size pieces. Turn into a big salad bowl.

Just before serving, drain onions and pat dry. Sprinkle the greens with salt, pepper, herbs and drained onions. Add whatever additional ingredients you’d like.

Don’t dress the salad until you’re ready to serve it. At the table, toss with enough oil to barely coat greens. Use about 2 tablespoons to start. Toss with vinegar to taste, starting with 2 tablespoons. Taste for balance as you, making sure vinegar is assertive, but not harsh. Once it’s where you want it, serve it up.
Broiled Green Tomatoes with Cheese
Source: http://www.ext.colostate.edu/PUBS/columncc/cc960926.html

Ingredients
Green tomatoes
Celery salt
Pepper, to taste
Finely ground bread crumbs
1/4 cup grated Parmesan cheese
1 egg beaten well and diluted with 2 tablespoons water

Cooking Instructions
Wash green tomatoes. Drain and dry. Cut tomatoes crosswise into halves and slice a small piece off the tops and the bottoms. Sprinkle the halves with celery salt and pepper, to taste.

Combine bread crumbs and cheese. Dip tomato halves in bread crumb mixture. Then dip in egg-water mixture and again in bread crumbs. Place breaded halves on a greased pan in a moderate oven, 375 degrees and bake until they are nearly soft. Place under broiler, turning once, until they are brown.

Stewed Green Tomatoes
Source: http://cooking.philly.com/recipes/0838hidenseek1.asp

Ingredients
1 onion, sliced
2-3 teaspoons butter, margarine or vegetable oil
2 medium green peppers, sliced
6 green tomatoes

Cooking Instructions
Saute onion in butter, margarine or oil until limp. Wash, core, and cut green tomatoes into eights. Add tomatoes and peppers and stir. Cover and cook for about 20 minutes. Season with salt and pepper. Freeze this puree in one and two cup containers. It can be used in chili, soups, sauces, in fact in any recipe that calls for red tomato puree.
Chapter 3

Main Dishes

Green Tomato & Pepper Steak Stir Fry

Source: http://www.tomatojam.com/recipes/main%20courses/

Yield: Serves 4

Ingredients
1 lb sirloin sliced into thin strips
6 medium green tomatoes, quartered
1 yellow onion, sliced
2 garlic cloves, chopped
1 green pepper julienned
1 red pepper, julienned
1 Serrano chile, chopped (adjust spice to taste)
2 Tbls soy sauce
4 Tbls vegetable oil
Salt & pepper to taste

Cooking Instructions
Salt and pepper the steak strips, place in a bowl with the garlic and the soy sauce. Let marinate for at least 20 minutes. Heat 1/2 the oil and stir fry the steak till golden brown, add the green tomatoes and stir fry for 6-8 minutes. Remove the meat from the pan and keep warm. Place the rest of the oil to the hot pan, add the rest of the ingredients and stir fry for 5 minutes or till the peppers are cooked. Serve on a bed of steamed white rice as follows: first place the rice, then layer the vegetables and place the meat on top. Enjoy!
Green Tomato Mince Pie

Ingredients
2 cups green tomatoes, chopped
2 cups apples, chopped
1/2 cup raisins, chopped
1 cup brown sugar, packed
1 Tablespoon butter
3 Tablespoons vinegar
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon cloves
1/2 teaspoon salt
One 9-inch pie shell

Cooking Instructions
Mix all ingredients well; boil gently in medium saucepan for 25 minutes.
Cool. Set oven for 350 degrees. Fill pie shell with cooked mixture. Strip
with more pie crust across top of pie. Bake 25 to 30 minutes; turn oven
off. Leave pie in oven for a few minutes to finish baking.

Green Tomato Pasta Sauce
Source: http://www.tomatojam.com/recipes/pasta_sauces/green_tom

Yield: 2 servings
Ingredients
8 oz of rotelle or farfalle
6 green tomatoes, chopped
1/2 cup yellow onion diced
3 tablespoons virgin olive oil
1/2 cup white wine
fresh cracked white pepper and salt to taste
1/4 cup crumbled goat cheese
Grated cheese such as grana padano or reggiano parmagiano

Cooking Instructions
While cooking the pasta al dente, prepare the sauce as follows. Sauté the
onions in the olive oil till golden brown, stir in the tomatoes and the salt
and pepper, add the white wine and let cook for 10 minutes. Drain the
pasta and serve in a deep pasta bowl, mix the pasta with the goat
cheese, then place the sauce on top. Sprinkle with the grated cheese and
enjoy!
Chapter 4

Condiments

Green Tomato Jam
Source: http://www.tomatojam.com/recipes/jams/green

Ingredients
2 cups of quartered peeled tomatoes
1 cup granulated sugar
2 tsp. orange juice
1 tsp cinnamon
1 tsp Tarragon

Cooking Instructions
Place green tomatoes in a non-reactive pot. Add orange juice and sugar. Bring to a boil, reduce heat and simmer for 30 minutes, stirring occasionally with a wooden spoon. Add the cinnamon and tarragon and stir. Let cool and place in sterilized canning jars or serve with cheese and crackers.

Pickled Green Tomatoes
Source: http://www.hugs.org/Green_Tomato_Pickles3.shtml

Ingredients
8 Bushels medium size green tomatoes
Garlic
Celery
Hot Pepper
1 ts Dill
2 ts Water
1 ts Vinegar
1 c Salt
Pepper

Cooking Instructions
Pack the tomatoes in quart jars, either whole or cut in half. Combine water, vinegar, salt, dill; cook 5 minutes. Fill jars within 1/2 inch from top and seal.

NOTE: Jars should be hot when you fill with the tomatoes as it assures the jars will seal properly.
Green Tomato Relish
Source: http://vegetarian.allrecipes.com/az/grntmtrlish.asp

Yield: 12 pints

Ingredients
24 large green tomatoes
3 red bell peppers, halved and seeded
3 green bell peppers, halved and seeded
12 large onions
3 tablespoons celery seed
3 tablespoons mustard seed
1 tablespoon salt
5 cups white sugar
2 cups cider vinegar

Cooking Instructions
In a grinder or food processor, coarsely grind tomatoes, red bell peppers, green bell peppers, and onions. (You may need to do this in batches.) Line a large colander with cheesecloth, place in sink or in a large bowl, and pour in tomato mixture to drain for 1 hour.

In a large, non-aluminum stockpot, combine tomato mixture, celery seed, mustard seed, salt, sugar, and vinegar. Bring to a boil and simmer over low heat 5 minutes, stirring frequently.

Sterilize enough jars and lids to hold relish (12 one-pint jars, or 6 one-quart jars). Pack relish into sterilized jars, making sure there are no spaces or air pockets. Fill jars all the way to top. Screw on lids.

Place a rack in the bottom of a large stockpot and fill halfway with boiling water. Carefully lower jars into pot using a holder. Leave a 2 inch space between jars. Pour in more boiling water if necessary, until tops of jars are covered by 2 inches of water. Bring water to a full boil, then cover and process for 30 minutes.

Remove jars from pot and place on cloth-covered or wood surface, several inches apart, until cool. Once cool, press top of each lid with finger, ensuring that seal is tight (lid does not move up or down at all). Relish can be stored for up to a year.
Condiments

Hot Green Tomato Salsa

Source: http://www.geocities.com/Heartland/Acres/1012/salsa.html

Ingredients
1 green tomato or 4 tomatillas
1 small onion, finely chopped
1 hot pepper, minced
1 tbsp balsamic vinegar
1/4 cup flat-leafed parsley
2 tsp fresh ginger root, finely minced
1 tsp sesame oil
1 tsp sugar
1/4 tsp salt
1 sweet pepper, chopped
1 red tomato

Cooking Instructions
Cut tomatoes into wedges and slice crosswise into thin slices. The tomatillas need to be cooked for best flavor. Boil them for 5 minutes, or roast them husk on, in a medium-hot frying pan, turning often, until the flesh is tender. (about 10 minutes) Mix with other ingredients and chill for at least 1 hour. Serve with fish, chicken or noodles.

Green Tomato Salsa

Source: http://www.ext.colostate.edu/PUBS/columncc/cc960926.html

Ingredients
5 medium green tomatoes
2 jalapeno peppers
1 small onion
1 garlic clove
2 tablespoons chopped fresh cilantro
1 tablespoon vegetable oil
Salt and pepper to taste

Cooking Instructions
Combine all the ingredients in a blender or food processor.
Green Tomato Salsa Dressing
Source: http://www.ext.colostate.edu/PUBS/columncc/cc960926.html

Ingredients
1 cup green tomatoes, coarsely chopped
1 fresh jalapeno pepper or chili pepper
2 cloves garlic, peeled and crushed
2 scallions, green and white parts, cut into 1-inch lengths
1/3 cup water
2 tablespoons chopped fresh cilantro leaves
1/4 cup vegetable oil
1 teaspoon salt
1 tablespoon fresh lime juice

Cooking Instructions
Combine green tomatoes, pepper, garlic, scallions and water in a 4-cup glass measure or small microwave safe mixing bowl. Cover tightly with plastic wrap. Microwave at High for two minutes. Let stand one minute. Pick plastic to release steam. Remove from oven and uncover carefully. Scape into a blender or food processor. Add remaining ingredients and blend until smooth.

Green Tomato Piccalilli
Source: http://www.hugs.org/Piccalilli.shtml

Ingredients
1/2 peck green tomatoes
2 medium-sized heads of cabbage
12 cucumbers
12 large sweet green peppers, and 1 quart of celery.
1 t cinnamon an cloves
1 T mustard seed
1 1/2 cups sugar
1/2 gallon vinegar
Pepper to taste

Cooking Instructions
Cut all very fine, salt, let stand overnight, and drain. Then add mustard seed, cinnamon and cloves, sugar, vinegar and pepper. Heat all together and put in jars.
Green Tomato Ketchup
Source: http://members.aol.com/urrghhh/green.html

Yield: 25-30 pints

Ingredients
5 gallons of green tomatoes
12 medium onions
1 large head of cabbage
5 green bell peppers
2 red bell peppers
3/4 cup coarse pickling salt
5 pounds sugar
2 quarts cider vinegar (app.)
1 small box pickling spice

Cooking Instructions
Wash, remove stems, and grind all the vegetables in a food grinder to a fine consistency, or use a food processor. Mix the salt in well with the vegetables. Put the mixture into a clean pillow case and hang it up to drain over night. If you're brave you can do it over the tub, but between the cabbage and the onion you might not get any sleep.

The following morning, take the vegetable mix out of the pillow case; put it in a large pot and cover with cold water and then drain.

Put the vegetables back in the pot and add sugar and 1 quart of vinegar. The mixture should not be watery, but should be moist enough to spread. Add more vinegar if necessary.

Put the pickling spices into a spice infuser or cheesecloth bag and put that in the pot. Cook an hour or more over low heat, stirring to keep the mixture from sticking. Gradually the mixture will change from a fresh bright green to a medium-khaki shade of green. When it changes color, it's ready to put up. Put relish into sterile jars.
Tanzanian Green Tomato Chutney
Source: http://www.pepperfool.com/recipes/chutney/tanzanian_chutney.html

Yield: 4 cups

Ingredients
12 ounces green tomatoes or tomatillos, cored and cut into 1/2 inch dice
2 large yellow onions, cut into 1/2 inch dice
2 large green (underripe) papayas (about 12 oz each), peeled, seeded, and cut into 1/2 inch dice
3 cups sugar
2 cups apple cider vinegar
1 teaspoon coarse salt
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
Habaneros (or your pepper of choice) sliced julienne, to taste

Cooking Instructions
Place the green tomatoes, onions, and papayas in a large heavy pot. Add the sugar, vinegar, salt, and spices. Stir well. Bring the mixture to a boil, reduce the heat slightly, and simmer uncovered until the mixture is thick, about 1 hour. Add peppers at the end. Cool to room temperature, then refrigerate covered until ready to use. The chutney will thicken slightly as it chills. If you prefer a less liquidy chutney, drain a bit off.

Green Tomato Cream Gravy
Source: http://members.aol.com/urrghhh/green.html

Ingredients
Remaining grease after fried green tomato preparation
1 cup milk

Cooking Instructions
After making fried green tomatoes, simply drain off all but a couple tablespoons of the oil from the pan leaving all the little brown bits on the bottom. Gently scrape those off and sprinkle on about a tablespoon of flour. Cook and stir this for a couple minutes until lightly browned. Then stir in a cup of milk all at once and keep stirring. A whisk works really well to keep it from lumping. It's make's a nice tangy gravy that is great over anything.
Green Tomato Mincemeat

Source: http://www.hugs.org/Green_Tomato_Mincemeat.shtml

**Ingredients**

1/2 peck green tomatoes  
2 medium-sized heads of cabbage  
12 cucumbers  
12 large sweet green peppers, and 1 quart of celery.  
1 t cinnamon and cloves  
1 T mustard seed  
1 1/2 cups sugar  
1/2 gallon vinegar  
Pepper to taste

**Cooking Instructions**

Cut all very fine, salt, let stand overnight, and drain. Then add mustard seed, cinnamon and cloves, sugar, vinegar and pepper. Heat all together

Green Tomato Chow Chow

Source: http://www.hugs.org/Green_Tomato_Chowchow.shtml

**Ingredients**

1 ga (5lb) green tomatoes  
3 md Sweet red peppers  
3 md Green peppers  
4 lg Onions  
1 lg Head cabbage  
3 or 4 jalapenos; optional  
3 c Sugar  
3 c Vinegar  
1/4 c Salt  
1 1/2 ts Celery seed  
1/2 ts Whole allspice  
1/2 ts Pepper  
1/2 ts Ground turmeric  
1/2 ts Chili powder

**Cooking Instructions**

Coarsely chop vegetables; place in large pot. Stir in remaining ingredients; bring to a boil. Reduce heat and simmer 30 minutes, stirring occasionally. Pack into hot jars; process in hot water bath 10 minutes.
Chapter 5

Desserts

Chef Nancy's Green Tomato Cake

**INGREDIENTS:**
- 2 1/4 C sugar
- 1 C vegetable oil
- 3 eggs
- 2 teaspoons vanilla
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 cup chopped walnuts
- 1 cup raisins
- 2 1/2 C diced green tomatoes

**PREPARATION:** Heat oven to 350. Beat together eggs, oil, sugar and vanilla on medium for 2 minutes. In another bowl, combine all dry ingredients. Using a whisk, blend dry ingredients together. Add walnuts, raisins and green tomatoes.

Add dry mixture to wet mixture a third at a time, mixing briefly after each addition. Grease a 9-by-13-inch pan. Pour batter into pan. Bake at 350 for 50-60 minutes or until a toothpick comes out clean. Let cool and frost with your favorite cream cheese frosting.

*Recipe from Chef Nancy Rutledge*

OKT Recipe Card. More available at www.OKTjustice.org/Resources/

Chef Nancy Rutledge preparing green tomato recipes as part of her cooking demo at the Southeast Area Farmers’ Market 2011 Greens Cook-off and Fried Green Tomato Festival.
Old Fashioned Green Tomato Pie
Source: http://www.oldfashionedliving.com/greentomatoes.html

Ingredients
6 medium green tomatoes (about 1 3/4 lbs.)
1 Cup sugar
3 tablespoons flour
1 1/4 teaspoons cinnamon
1/2 teaspoon nutmeg
1/8 teaspoon ground cloves
1 1/2 teaspoons lemon zest
1/2 teaspoon salt
2 tablespoons butter

Cooking Instructions
Preheat oven to 400 F. Blanch tomatoes in boiling water for 20-30 seconds. Remove from water, core and peel. Cut prepared tomatoes into 1/4 inch slices.

In a large saucepan, combine sliced tomatoes with 1/4 C water. Bring to a boil, cover, reduce heat and simmer for about 5 minutes. Remove tomatoes from liquid with a slotted spoon, reserving boiling liquid. Combine flour, 1 C sugar, salt, cinnamon, nutmeg, cloves and lemon zest. Add flour mixture to liquid. Cook, stirring constantly just until boiling. Remove from heat and stir in butter until melted. Gently stir in prepared green tomato slices. Cool slightly 10-15 minutes, and spoon into the unbaked piecrust. Top with top pastry crust, crimp and seal edges. Cut venting slits in tops crust and sprinkle lightly with sugar. Bake for about 40 minutes or until crust is golden brown.
Green Tomato Pie
Source: http://www.hugs.org/Green_Tomato_Pie.shtml

**Ingredients**
1 pt green tomatoes
Pie crust
5 T sugar
1 T vinegar
1 t flour
Allspice, cloves, and cinnamon

**Cooking Instructions**
Pare and Slice tomatoes. Line a pie pan with pie paste and put in the tomatoes. Then sprinkle over them sugar, add vinegar and flour, and season with allspice, cloves and cinnamon. Put on top crust and bake in a moderately hot oven.

Green Tomato and Apple Pie
Source: http://members.aol.com/urrgghh/green.html

**Ingredients**
1 cup of brown sugar
1/2 cup flour
Pinch of salt
2 tablespoons of margarine
4 small green tomatoes (about 2 1/2 cups)
1 medium tart green apple
1 tablespoon apple cider vinegar
2 9-inch pie crusts, one for the lattice

**Cooking Instructions**
Mix together sugar, flour, and salt and put half the mixture in an unbaked pie shell. Dot with butter. Slice unpeeled tomatoes very thin. Quarter and core apple and slice thinly. Spread half the tomatoes over the flour mixture. Lay the apple slices over that and top with the rest of the tomato slices. Sprinkle with the vinegar and spread the rest of the flour mixture over all. It will be mounded but will sink during baking. Make and arrange the lattice top of the crust over all. Bake the pie in a preheated 375 degree oven for 50 minutes. Serve warm.
The 2013 Southeast Farmers’ Market is sponsored in partnership by the Greater Grand Rapids Food Systems Council, Kent County Health Department and Our Kitchen Table (OKT).

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