



TOMATO RECIPE :

COCKTAIL TOMATOES A LA PROVENCALE

FOR 6 PEOPLE :

- 18 tomatoes
- 1 to 3 tablespoonful of chopped parsley
- thyme
- breadcrumbs
- 3 cloves of chopped garlic
- olive oil
- salt and pepper

Cut the **cocktail tomatoes** in two. Remove the seeds; add salt and pepper and then place them on an oven tray.

Mix a few leaves of thyme, some garlic, a pinch of salt and pepper, parsley and breadcrumbs in a salad bowl.

Divide the mix across the two tomato halves and sprinkle with olive oil.

Cook in the oven at gas mark 6 (200 °) for approximately 15minutes.





TOMATO RECIPE : SWEET STUFFED TOMATOES

FOR 4 PEOPLE :

- 16 small cocktail tomatoes
- 2 large tomatoes
- 3 slices of bread
- 15 cl of milk
- 300 g of minced beef
- 150 g of minced lamb
- 2 thinly sliced shallots
- 2 tablespoonful of chopped parsley
- 6 leaves of chopped mint
- 1/2 a teaspoonful of cumin
- 1 large egg
- 2 tablespoonful of olive oil
- Salt and pepper

Cut the stem of the **cocktail tomatoes**. Scoop them out and leave them upside down to drain. Dip the bread in the milk. Gently brown the meat in olive oil with the shallots, let cool and mix with the bread, eggs, mint, parsley, cumin, salt and pepper. Stuff the **cocktail tomatoes** with this mix, put the stem back and place the tomatoes in a fryer.

Add the two large **tomatoes** cut in pieces and one glass of water, then cook on a low heat for approximately 45 minutes.



TOMATO RECIPE : CHERRY TOMATO CLAFOUTIS

FOR 4 PEOPLE :

- 25 cherry tomatoes
- 4 eggs
- 25cl of liquid cream
- 25cl of milk
- 1 teaspoonful of chopped basil
- 4 tablespoonful of cornflour
- 1 portion of diced St Marcellin cheese
- 15g of butter
- dill
- salt and pepper

Preheat the oven on gas mark 6 ((180°C)
Mix the eggs, cornflour, cream, milk and basil in a blender and add salt and pepper to your tastes.

In a well greased baking tray, spread the **cherry tomatoes** and the diced cheese. Pour the mix in the baking tray. Sparingly sprinkle on some dill.

Cook for approximately 40 mins.



TOMATO RECIPE :

COCKTAIL TOMATO CRUMBLE

FOR 4 PEOPLE :

- 500g of cocktail tomatoes
- 4 tablespoonful of olive oil
- 2 tablespoonful of thyme
- 2 teaspoonful of sugar
- 2 teaspoonful of balsamic vinegar
- 50g of flour
- 50g of butter
- 50g of polenta
- A small round of grated dry goat's cheese
- Salt and pepper

Preheat the oven at 150°C

Place the **cocktail tomatoes** in an oven tray. Sprinkle on some thyme, salt and pepper to your tastes and sprinkle with olive oil. Put in the oven and cook for approximately 45 minutes. Mix the flour and the polenta in a salad bowl. Add the cold butter. Knead using your fingers until you get a thick mix. Add the grated goat's cheese, salt and pepper. Increase the oven's temperature to 210°C. Sprinkle the cooked **tomatoes** with powdered sugar. Sprinkle on some balsamic vinegar. Gently mix the pastry and the **tomatoes**. Cook in the oven for approximately 25 minutes, until the crumble becomes golden.





TOMATO RECIPE : STUFFED TOMATOES

FOR 4 PEOPLE :

- 1kg of tomatoes
- 500g of stuffing
- 1 tablespoon of rice
- breadcrumbs
- salt, pepper

Cut the stem of **the tomatoes** and scoop out the inside.

Add salt to the bottom of **the tomato** and gentle grill them for approximately 5 mins, in order to get rid of some of the humidity.

Pour in some grains of rice.

Add the stuffing.

Sprinkle on some breadcrumbs and close the tomatoes.

Cook in the oven for approximately 45 minutes.





TOMATO RECIPE : TOMATO SAUCE

FOR 4 PEOPLE :

- 1kg of tomatoes
- 2 to 3 tablespoonful of olive oil
- a stick of celery
- 2 onions
- 1 cube of sugar
- 1 tablespoonful of vinegar
- salt and pepper

Peel the tomatoes and dice them. Warm the olive oil and add the diced tomatoes, onions and the chopped celery.

Stir the mix and add the sugar and the spoonful of vinegar.

Add salt and pepper.

Let simmer for 30 mins.

Finally, mix everything together.





GREEN BEAN RECIPE :

GREEN BEANS à L'ITALIENNE WITH TOMATO SAUCE

FOR 4 PEOPLE :

- 750 green beans
- 250g of tomato sauce
- 200g of onions
- 2 gloves of garlic
- 1 tablespoonful of olive oil
- thyme
- bay leaf
- salt and pepper

Cook the green beans uncovered for approximately 15 mins.

Caramelise the chopped onion in oil.

Pour on the tomato sauce.

Cook for 3 minutes and then add the green beans, chopped garlic, salt, pepper, thyme and bay leaf.





SALAD RECIPE :

BRAISED HEARTS OF LETTUCE WITH GREEN PEAS

FOR 4 PEOPLE :

- 500g of green peas
- 4 hearts of Eva lettuce
- 1 white onion

Gently brown the white onion in a tablespoonful of olive oil.

Add the green peas and cover with salted boiled water; cook uncovered for 10 minutes.

Add the lettuce hearts and cook for 5 minutes.

Season to your tastes.

