

Oven Roast Tomatoes

January 17th, 2017

Prep Time: 04:00

Cook Time: 00:00

Roasting the tomatoes brings out a sweetness and a maturity of flavor that will build on the flavor of any recipe that calls for tomatoes.

Ingredients:

About a dozen Roma Tomatoes

Olive Oil

Balsamic Vinegar

Sea Salt

Directions:

NOTE: Unopened fresh tomatoes should NEVER be stored in the refrigerator.

Tomatoes (cooked or raw) that are stored in the refrigerator, will lose flavor complexity as the cold causes certain elements in the flavor profile to breakdown.

Line a large oven-safe casserole pan with aluminum foil

Slice the Tomatoes into quarters

If you do not like the texture of the seeds, use a spoon to remove them (optional)

Place the tomatoes in the large oven-safe casserole pan

Drizzle Balsamic Vinegar over the tomato quarters

Drizzle Olive Oil over the tomato quarters

Sprinkle with a dash of sea salt

Mix thoroughly and cover the bottom of the pan with a single layer of tomato slices

Place in the oven (cooking times and temperatures are listed below)

Every 30 to 60 minutes, turn each tomato quarter to ensure that all sides are cooking evenly

Note that using lower temperatures for longer cooking times will result in better caramelization and a fuller, sweeter flavor

Cooking times:

350° = 4.0 hours

400° = 2.5 hours

450° = 1.5 hours

Roasted tomatoes should be used or they can be canned the same day they are roasted. Refrigeration will destroy the complex flavors.