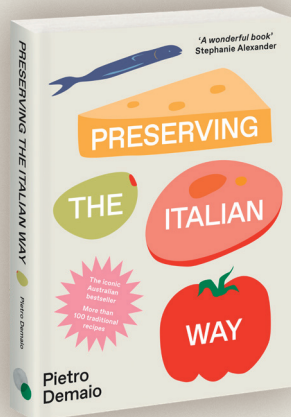


PRESERVING THE ITALIAN WAY

Pietro Demaio

Green tomatoes in vinegar and oil

Pomodori verdi sott'aceto e olio



Choose only the freshest and greenest tomatoes for this preserve, which can be simply eaten with bread or used in a green salad. Green tomatoes make a fantastic, crunchy and unusual antipasto – and this is a great way to use up all the tomatoes at the end of the season.

5 kg green tomatoes, cut into 5 mm thick slices
500 g table salt
500 ml white wine vinegar
4 tablespoons dried oregano
5–6 garlic cloves, finely sliced
2 long red chillies, finely chopped
extra-virgin olive oil, to cover

Special equipment

plastic tub
10 kg weight (about 4 bricks is ideal)

Place the green tomato in the plastic tub and cover liberally with the salt. Position a plate or wooden tray on top of the tomato and place a 10 kg weight on top. Leave for 24 hours.

Remove the weights. Drain off any liquid and gently wash off the excess salt. Cover the tomato with the vinegar, mix well and replace the plate or tray and weight. Leave for a further 24 hours, then drain off the liquid again.

Squeeze the tomato well with your hands, then place it back in the plastic tub, adding the oregano, garlic and chilli. Add a little oil to the mixture and mix well.

Divide the tomato mixture among clean jars (see steps 1–2, page 21) and cover with oil, ensuring the tomato mixture is completely submerged. Seal and leave in a cool, dark place for 1 week, then check the oil level and top up to cover the tomato, if necessary. Leave the tomato in a cool, dark place for another 4–6 weeks before eating. It will keep for up to 1 year unopened. Once opened, store in the fridge, where it will keep for up to 1 month – though you will definitely finish the jar before then!

