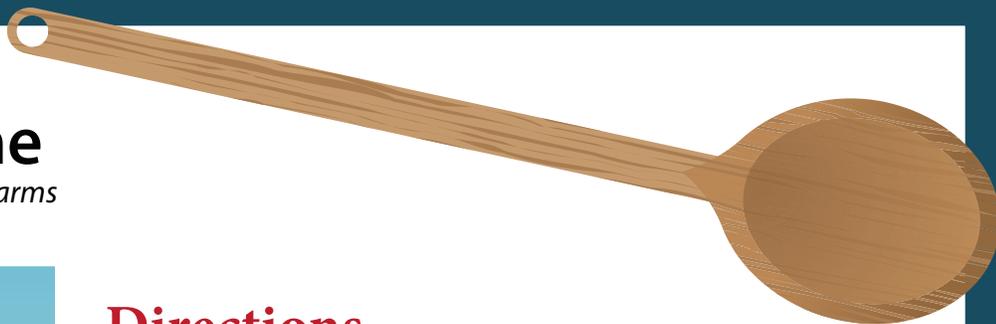


Tomato Quiche

by Marcella Prokop, Blackshire Farms



Ingredients

10 medium tomatoes
4 eggs
1/4 cups finely
diced salami
1/4 cups whipping cream
2 cups grated cheese
1/2 tsp. thyme
Salt and pepper to taste

For the crust:

1 1/2 cups flour
1/2 cups (1 stick) cold
butter, cubed
1 egg yolk
2-3 T. ice water

Directions

For the crust, sift the flour into a bowl. Cut in the butter with fork or pastry cutter until the mixture resembles coarse crumbs. With a fork, stir in the yolk and enough water to bring the dough together.

On lightly floured parchment paper, roll out the dough until about 1/8 inch thick and transfer to a pie pan. Refrigerate until liquid mixture is ready. Preheat oven to 400 degrees Fahrenheit.

Cut an X into the bottoms of the tomatoes and place in boiling water for 1-2 minutes. The skins will separate from the meat and can be peeled with a knife. Quarter the tomato and remove the seeds with a spoon.

In a small bowl, mix the eggs and cream. Add the salami and the cheese. Arrange the tomatoes in the pan and pour liquid mixture on top. Bake until crust is golden, 23-30 minutes. Wrap crust edge in aluminum foil if it browns too quickly.



For Marcella Prokop, eating a just-picked tomato is as “summer” as eating ice cream. Lucky for her, she and her husband, Sean McFarland, grow several varieties of heirloom tomato for Blackshire Farms, their family farm operation. Located just outside Beaver Creek, Minnesota, the farm provides tomatoes and zucchini for restaurants and grocers in Sioux Falls. The tomatoes they don’t sell go into dishes like the tomato quiche featured here, tomato jam, or thick, smoky salsa.



Eat Well,
Live Well

livewellsiouxfalls.org



Pick it! Try it! Like it!

TOMATO

Pick it!

Ripe tomatoes are red, round or oval, 1" to 6".

Choose smooth tomatoes, slightly soft, bruise free.

Store at room temperature, 2-3 days, away from sunlight.

Ripen tomatoes in a closed paper bag for one to five days, punch several holes in the bag.

Flavor worsens in the refrigerator. Refrigerate only extra-ripe tomatoes to keep from further ripening.

Try it!

Eat raw; add to salads & sandwiches. Cook by baking, stewing, grilling, stir-frying.

Serve in soups, salsas, tomato sauce (in pasta dishes, spaghetti and pizza), and ketchup.

Cut with a serrated or sharp knife. Keep in juice by cutting from stem to blossom end.

To peel drop in boiling water 30 seconds, plunge into ice water, use a paring knife to pull away the skin.

May remove seeds by cutting in half horizontally, squeeze out the jelly-like juice and seeds.



Plum Tomato

- Small, egg-shaped, less juicy than slicing tomatoes
- Best for sauces and cooked foods



Cherry Tomato

- Round and bite-sized with many seeds and juice
- Good in salads



Slicing Tomato

- Biggest tomatoes
- Slices hold together, cook down in sauce

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F180115

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F180115

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Try it!

- Eat raw; add to salads & sandwiches. Cook by baking, stewing, grilling, stir-frying.
- Serve in soups, salsas, pasta dishes, spaghetti and pizza, ketchup.
- Cut with a serrated knife from stem to blossom end.
- To peel drop in boiling water 30 seconds, plunge into ice water, peel.



Find recipes & videos at iGrow.org



South Dakota State University, South Dakota counties, and U.S. Department of Agriculture cooperating.
South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).



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