

## U3A – Zoom presentation 19<sup>th</sup> October 2020

### RECIPES

NOTE: FOR ALL THREE RECIPES THE TOMATO BASE IS THE SAME:

12 LARGE RIPE RED TOMATOES;

2 LARGE RED PEPPERS;

2 LARGE RED ONIONS;

4 – 5 CLOVES GARLIC; OLIVE OIL,

A DRIZZLE OF BALSAMIC VINEGAR, SALT, PEPPER :

Slice tomatoes in half, slice peppers into 4 -6 pieces, cut onions into wedges, cut garlic in half, place all together in a single layer in a roasting pan, drizzle with olive oil and balsamic, salt and pepper to taste. Roast at 200 C for about 40 minutes until tomatoes are soft and the peppers have a bit of a char on them here and there.

Transfer the vegetables to a food processor, with a teaspoon of sugar, and process till fairly smooth. Leave a few lumpy bits. If you want the sauce to be absolutely smooth then go ahead and process some more.

For all three recipes, triple the ingredients above and roast in two or three pans. You can freeze the extra sauce or it will keep in the fridge for a few days.

### ROASTED TOMATO AND PEPPER SOUP:

Place your processed vegetables in a pot and cover with boiling water \*\* ONLY UP TO THE TOP OF THE TOMATOES!!!!\*\*\* Add 2 -3 Chicken or vegetable stock cubes and a teaspoon of Marjoram or Oregano, and cook slowly for 20 to 30 minutes. Chop in some fresh parsley. Taste for seasoning. Serve with a swirl of sour or fresh cream and chopped chives OR PESTO and a drizzle of olive oil OR Grated Parmesan cheese and CROUTONS.

**SHAKSHUKA: About half of the above tomato/Pepper mixture would be enough here and for the remainder you can make a pasta sauce with the addition of fried mince.**

This is a delicious Israeli or Middle Eastern Breakfast dish:

Place your tomato mixture (no added water) in a large frying pan and stir in a teaspoon of ground cumin and a bit of chilli sauce to your liking for example HARISSA or SRIRACHA or if you don't want the heat then a half a teaspoon of PAPRIKA, and cook for a while until the mixture thickens slightly. Make 4 -6 indentations in the mixture and break an egg into each hole. Cook until the eggs are to your liking – about 8 – 10 minutes. You can cover the pan for a while to speed up the cooking of the eggs. Dollop on some thick yoghurt if you like. Sprinkle with chopped parsley or coriander or chives. Serve.

A further different idea for a supper starter is to OMIT the EGGS and boil the sauce for a about 10 minutes with the addition of ½ cup of white wine and a teaspoon of oregano, add some peeled prawns (thaw Woolies' frozen peeled) and feta to the tomato sauce and bake in a hot (250C) oven for 10 – 12 minutes until prawns are pink and feta melting and slightly browned. Sprinkle with chopped parsley. Serve with crusty bread.

### **AUBERGINE AND TOMATO BAKE:**

This is a lovely side dish with roasted lamb.

Slice 2 -3 large aubergines and place in a flat oven pan; drizzle with olive oil, salt and pepper and roast in the same oven as the tomatoes until soft and browned.

Fry 2 large sliced onions in olive oil until soft. DO not brown!

Layer in an oven-proof dish some of the tomato sauce - spice it up as for SHAKSHUKA (check seasoning), aubergines, onion, a handful of grated cheese (Mozzarella and cheddar mixed is a good combination). DO another layer and top with the grated cheese and some breadcrumbs mixed with chopped parsley and/or coriander.

Bake at 180 C for about 40 minutes to an hour until the top is nice and brown.