



The Edible Garden

Recipe featured at Garden-to-Table Weekend featuring canning, pickling, and preserving, July 25

Tomatoes

By: Eugenia Bone, author of *Well Preserved*

Makes 6 pints

Ingredients

6-8 pounds ripe, unblemished tomatoes, un-refrigerated

1/2 teaspoon salt per jar

1/4 teaspoon citric acid per jar

Instructions

- Bring a large pot of water to a boil over a high heat. Drop the tomatoes into the boiling water, count off 10 seconds, and then remove.
- With a sharp paring knife, slit the skin and peel it off. The skins will come off very easily. Core the tomato, cut it in half, and squeeze or pluck out the seeds. Toss into a pot. Continue until you have skinned and seeded all the tomatoes. I drop the skins and seeds into a colander over a bowl. A lot of tomato juice is saved this way, which you can add to your canning tomatoes, or can separately.
- Crush the tomatoes. You can use a processor or a potato masher. I tend to simply squeeze the tomatoes with my hands because I am lazy and don't want to do the additional cleanup. Chunks are okay.
- Place the tomatoes in a pan and heat the tomatoes through over a medium heat (this is to stop the enzymatic action that causes the tomato pulp to separate). The tomatoes may get a bit foamy on top. It's okay.
- Have ready 6 very clean pint jars and bands, and new lids. (You don't need to sterilize the jars, as you will be processing them for over 10 minutes—the processing does the sterilizing!) Dump 1/2 teaspoon of salt and 1/4 teaspoon citric acid in each jar. Ladle in the hot tomatoes. Wipe the rims, place on the lids and screw on the bands fingertip tight.
- Cover the jars with about 3 inches of water in your water bath canner. The tomatoes process a long time, and it is a problem as water can splash out during the boil. If the tops of the jars are at any point uncovered with water, you have to delete the time that the cans were not totally submerged. You must then add water, bring to a boil, and begin timing again, starting at the point when the jars were still submerged.
- Process the tomatoes for 40 minutes. As soon as the 40 minutes are up, turn off the heat. Wait 5 minutes or so, then remove the jars and let them rest. After about 8 hours remove the bands and check the lids. If the seals are tight, label the jars and store them in a cool dark place. You do not need to store the jars with the screw top on. The lid is enough.

Tips: You can store these tomatoes in a cool, dark place for up to a year.