

## PEELING TOMATOES



Tomato skins can be tough and become a barrier to melding flavors in a dressed salad. The texture of many tomato skins can be unpleasant, too. Plunged in scalding hot water then chilled, tomato skins slip off easily.

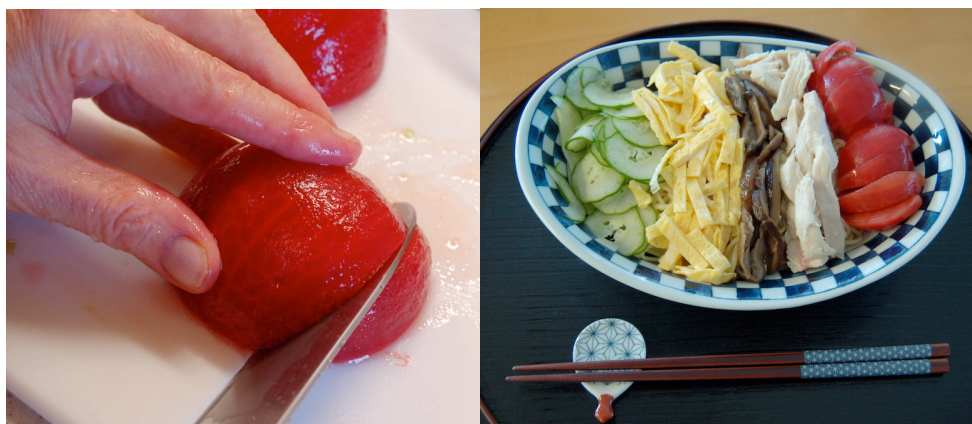
This method is especially good for small cherry or grape tomatoes and for odd-shaped tomatoes (as many heirloom types are). Because the exposure to severe heat is so limited (a few seconds) nutritional value of the tomato remains high.





Bring water to a rolling boil in a deep saucepan. I often blanch other veggies first and then do the tomatoes last in a series of prep procedures on a busy day.

Remove the saucepan from the stove and gently (so you don't splash scalding hot water everywhere) lower the tomatoes in to the saucepan (stem facing up). Count to 5 then "flip" to submerge stem end. Count to 6 or 7 and using a spoon or ladle remove the tomatoes to a colander or strainer. Pour the scalding hot water in the saucepan over the tomatoes. Drain well. Transfer the tomatoes to a dish or bowl and place in the refrigerator for at least 30 minutes (do this in the morning to have tomatoes ready to peel for lunch, dinner or the next day). When ready to use large tomatoes, slice in half through the stem. Remove the harder core from each half (use a "V" cut) and peel back the skin -- it will slip off easily.



Place the tomato's flat, cut surface to the board and slice wedges from each half. I often spread the wedges out, fan-like over a salad.