## **European tomatoes! The Real Art of Europe! Culinary Masterpieces for You to Try!**





















## "Welcome Autumn & Winter Holidays" News and Recipes



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**ABOUT** 

# RED GOLD FROM EUROPE. THE ART OF PERFECTION, PRESERVED FOR ALL TASTES.

Red Gold from Europe is not a specific BRAND but the slogan of a campaign co-financed by the European Commission aimed to promote European canned tomatoes in general.

Specifically, EU canned tomatoes
100% Made in Europe. Known for Rich Flavour,
Tradition and Quality.





is the Italian Association of Canned
Tomatoes Producers - representing the
world's finest European
preserved (canned) tomatoes grown
under the Mediterranean sun. ANICAV
members account for over 60% of all the
processed tomatoes in Italy,
and nearly all the whole peeled
tomatoes produced in the world,
including the internationally well-known
San Marzano DOP canned tomatoes.

#### **ACTIVITIES**

ANICAV is organizing many special events as part of a European Union co-financed three year programme to promote canned tomatoes from Europe. The programme was launched in May with an event at the Lotte Hotel in Seoul.





On October 17th, British food columnist
Marlena Spieler, author of over 60 books,
visited Korea to showcase the versatility of
European canned tomatoes in Korean cuisine.
Red Gold Tomatoes and Korean
Kimchi, Gochujang, together for a unique
cooking experience!

#### **ERSATILITY OF TOMATOES**

matoes are the most versatile of foods and ey lend themselves to infinite options. The eserved tomatoes that we find today on our elves all over the world satisfy all our needs d desires. Each product has its own special te. But which type of preserved tomatoes ould we use for the dishes we want to epare? As always, the more we know, the eter choices we can make. Whether in a n or a bottle, what counts is the ality of the product.

popped tomatoes are peeled natoes chopped and deseeded in eir juice. They are an excellent base quick recipes, reducing the watery natent and providing a delicious quick sta sauce. They are ideal for fish hes, as their freshness and slight dity provide the balance between e taste of the tomato and the delicate your of the fish.

Today the most-loved and most-used canned products are the classic whole peeled tomatoes, chopped tomatoes, tomato passata (pureed tomatoes) and cherry tomatoes

The most loved favourite, the elongated Whole peeled tomatoes, are canned as they are harvested: whole, briefly boiled, peeled and conserved in their own juice. They deserve very quick cooking that keeps their flavoUr unchanged, a perfect balance between sweet and acidic. Whole peeled tomatoes are very versatile: they can be used for a classic Italian meat ragù sauce for pasta, pizza, soups, stews, fish or meat dishes, with eggs or added to vegetable recipes.



#### **VERSATILITY OF TOMATOES Cont'd.**

For the tomato passata (pureed tomatoes), the tomatoes are pureed and heated briefly to a very high temperature, so that the nutrients are not altered, then sieved, slightly concentrated and bottled. Passata has a creamy density and an intense flavour with a marked sweet note. It is perfect for briefly-cooked recipes, such as cold soups, red sauces to go with boiled meats and the classic Tuscan bread and tomato dish "Panzanella". It can also be used for more complicated dishes such as tomato coulis or tomato aspic.

Cherry tomatoes, small, round and firm-fleshed, are canned with their juice just after harvesting, keeping intact their sweet, delicate flavour. They are perfect for quickly-cooked sauces, to give colour to vegetable dishes and for oven-baking.



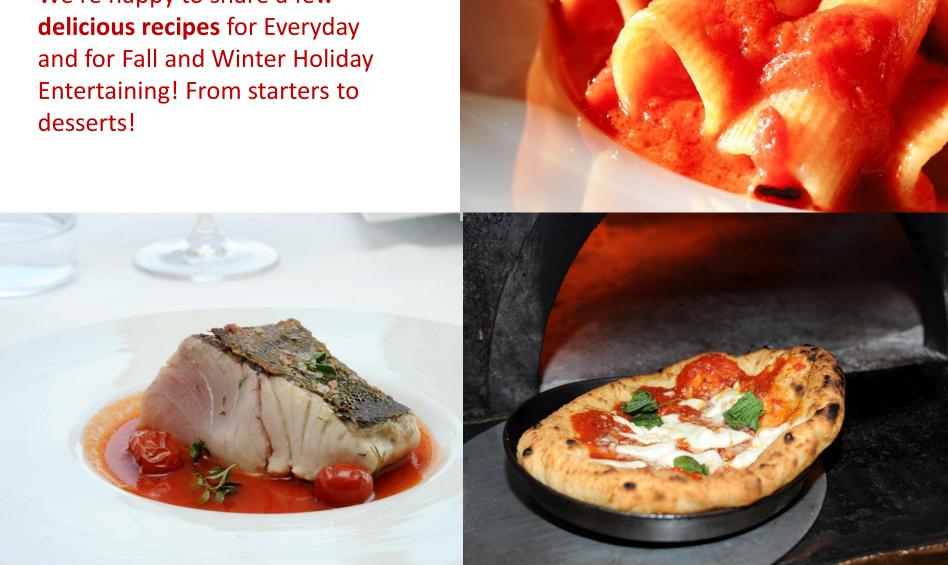


Tomato paste is a genuine product made from reduced tomatoes. In modern industrial processing plants, after careful cleaning, the tomatoes are minced and sieved and the resulting juice then heated to temperatures of between 85°-100°C; inside an evaporator, the tomato juice passes through different stages where its concentration level will gradually increase until the required density is obtained. Tomato paste is perfect to add colour and taste to dishes that need lengthy cooking such as meat sauces, soups, stews and casseroles.

Each type of canned tomato has its own personality and is suitable for different recipes, with a versatility which is always surprising and encourages you to experiment with new ideas.

## **RECIPES** What's for Dinner?

We're happy to share a few



#### PAPPA AL POMODORO - BREAD AND TOMATO SOUP



Time: 55 min Difficulty: easy Serves: 4

800 g chopped tomatoes
300 g stale bread
1 l vegetable stock
4 garlic cloves
10 basil leaves
1 celery stalk
1 carrot
50 g extra-virgin olive oil
50 g parmesan cheese
½ teaspoon of sugar
Salt and pepper to taste

Soften the chopped celery and carrot in a little extra-virgin olive oil with one clove of garlic. Then add the chopped tomatoes, sugar and salt. Let it simmer for 40 minutes. Heat the vegetable stock and then pour in the prepared tomato sauce. Add in the stale bread, the remaining cloves of garlic, a little extra-virgin olive oil and the basil. Cook the mixture until the stock has been completely absorbed. Serve the soup in a bowl garnished with a little extra-virgin olive oil and a leaf of basil. Sprinkle with parmesan to taste.



#### PACCHERI AL SUGO DI CALAMARI – PACCHERI WITH SQUID

Time: 45 min Difficulty: medium Serves: 4

500 g cleaned squid

320 g paccheri pasta

200 g canned cherry tomatoes

200 g tomato passata (pureed tomatoes)

50 g extra-virgin olive oil

50 g white wine

1 fresh red chili

2 garlic cloves

2 tablespoons of finely chopped parsley

Salt to taste



Put a large saucepan with plenty of water to boil for the pasta; when boiling, add salt. Cut the body of the squid into rings about 1.5 cm thick and separate the tentacles. Slice the chili pepper thinly. Crush the garlic loves into a little olive oil in a saucepan and let the garlic soften for a few minutes at a low heat with the sliced chili. Add the squid rings and tentacles to the frying pan and cook at a high heat for just one minute so that the squid doesn't toughen, then add the white wine, let it evaporate for a few minutes. Add the cherry tomatoes and tomato passata, mix and cook at a low heat for 5-6 minutes. In the meantime, put the paccheri to cook in boiling salted water and then drain halfway through cooking (keeping aside a ladle of cooking water), adding them directly into the pan with the sauce and the ladle of cooking water to finish cooking.

#### LINGUINE AL POMODORO CON MELANZANE E PISTACCHI -LINGUINE WITH TOMATO, EGGPLANT AND PISTACHIOS



Time: 50 min Difficulty: easy Serves: 4

320 g linguine
400 g canned chopped tomatoes
300 g diced aubergine
40 g toasted shelled pistachios, finely chopped
40 g salted ricotta
2/3 dill leaves
1 garlic clove
20 g extra-virgin olive oil
Salt and pepper to taste



Sprinkle coarse salt over the diced eggplant and let them sit for 20 minutes in a colander to get rid of the excess liquid. Rinse them quickly and dry with kitchen towels. Heat 5-5 tablespoons of olive oil in a non-stick saucepan with the peeled garlic clove, then add the eggplant and cook covered for 5 minutes, mixing often so they cook evenly. Add the chopped tomatoes, and a few dill leaves and leave to cook until it has reduced to a thick pasta sauce. Add salt and pepper to taste. Cook the linguine in salted boiling water, drain and toss it into the sauce. Mix it for a few minutes over a low heat and then serve with grated salted ricotta and the chopped toasted pistachios.

### BACCALA' CON SALSA DI POMODORO, CAPPERI E OLIVE NERE – COD WITH TOMATO SAUCE, CAPERS AND

BLACK OLIVES



Time: 35 min Difficulty: easy Serves: 4

500 g desalted salt cod fillet

200 g brown onions

100 g plain flour

600 g tomato passata (pureed tomatoes)

40 g extra-virgin olive oil

30 g salted capers (to be desalted)

60 g Taggiasca olives

40 g white wine

1 tablespoon of oregano

parsley to taste

salt and pepper to taste



Desalt the capers: rinse them repeatedly under running water.

Then check to see that there are no bones in the salt cod fillet. Cut the piece of cod into 4 pieces of about 3 cm each keeping the skin on as it keeps the fish together during cooking.

Then, peel and finely slice the onion. Place a saucepan on the stove, add the oil and then the onions and soften them over a low heat, stirring occasionally for about 4-5 minutes. As soon as they are softened, set aside the onions being careful not to leave the oil in the pan and flour the pieces of cod quickly, shaking off any excess flour. Increase the heat and then add the pieces of cod to brown, for about 1-2 minutes per side, then turn them as soon as they are golden.

Add the white wine, and once it evaporates, lower the heat and add the tomato passata.

Add the softened onions to the sauce and then add the olives and desalted capers, season with the oregano and a pinch of salt and pepper.

Mix very delicately, cover and simmer for about 40 minutes over a low heat. Add parsley to taste.

#### TOMATO-TOPPED CHEESECAKE WITH GINGERNUT-FRESH BASIL CRUST WITH TOMATO JAM

Serves: lots of people! Say, 10-12

#### <u>Gingernut-Fresh Basil</u> Biscuit Crust:

170 g gingernut biscuits 110 g butter, melted 2-3 tablespoons sugar (it depends on the sweetness of the gingersnap cookies) 15-30 g fresh basil, thinly sliced

#### For the topping:

170 g tomato passata (pureed tomatoes)

125 ml water

1 tablespoon sugar

1 stalk celery, finely

chopped

1 tablespoon. salt

1 envelope powdered

gelatine

#### For the ricotta filling:

450 g whole milk ricotta cheese

2 egg yolks

1 whole egg

4-5 tablespoons whipping cream

3-4 tablespoons sugar grated zest of 1 lemon or several dashes pure lemon extract pinch of salt



The gingernut-fresh basil crust is delightfully unusual, as is the whole cheesecake to be honest. I suggest that you'll probably want to make double the amount of the tomato jam: it's really good for a variety of other things, like a cheese plate.

Crush the biscuits and mix with the melted butter, sugar, and basil; press into the bottom of a cake or pie dish, and place in the refrigerator to chill while you prepare the filling.

Break up the ricotta in a mixing bowl, and beat in the egg yolks and whole eggs, then add the cream, sugar, lemon zest or extract, and salt.

Pour over the chilled crust, and bake in a 175 °C oven for about 20 minutes or until the cheesecake turns golden on top and is slightly set. Remove from the oven and leave to cool while you make the topping.

Combine the passata with half the water, the sugar, the celery and the salt. Bring to boil, then reduce heat and simmer 10-15 minutes or until the celery softens; add more water if it gets too thick and threatens to scorch.

Meanwhile, sprinkle the gelatine over the remaining water and leave about 5 minutes until it is softened, and thickened.

Strain the tomato sauce, pressing the celery to extract as much of the celery flavour as you can; discard the solids. Add the softened gelatine to the tomatoes, mix well and cook over a medium low heat until the gelatine dissolves completely.

Pour the strained tomato mixture over the cheesecake, tilting the pan so that the tomato layer is thin and even. Place in the refrigerator and chill until ready to serve.

Serve with Caramelized Tomato Jam 275 g sugar 900 g San Marzano Peeled tomatoes large pinch salt about 7 g basil leaves, thinly sliced In a heavy-bottomed saucepan place the sugar in an even layer. Cook over a medium low heat until the sugar begins to melt and colour. Add the whole tomatoes from the can, reserving the juice; break the tomatoes up with a wooden spoon as you cook them. You want the jam chunky.

When they are slightly browned here and there, taking care that the sugar does not burn, add the juice that the tomatoes came in. Cook together, stirring every so often, until the tomatoes have concentrated to a thick, jammy consistency; about an hour.

#### CROSTATA DI POMODORI – SWEET TOMATO TART



Time: 2h Difficulty: high Serves: 4

For the pastry:

250 g superfine plain flour

125 g butter

100 g castor sugar

1 egg yolk

a small pinch of salt

grated lemon rind

For the filling: 200 g cane sugar

8 cloves

1 teaspoon of powdered cinnamon

2 sachets of pure vanillin

75 g toasted peanuts

4 eggs

1 small glass of rum

a pinch of nutmeg

500 g canned whole peeled tomatoes

Icing sugar to dust



Put the flour in a bowl and sprinkle a little salt, make a well and add the butter at room temperature. Rub together with your fingers until it resembles very fine breadcrumbs. Form a well in the centre again and add the sugar, grated lemon peel and egg yolk. Mix quickly for a short time to form a dough, then put the mixture in the refrigerator for half an hour. Beat the sugar with the egg yolks until they form a soft, fluffy cream. Crush all the spices together in a mortar and add them with the rum to the cream. Sieve the tomatoes and pour into a fine strainer (preferably not made of steel) and leave it to strain for at least an hour. The add the resulting juice to the cream, together with two whipped egg whites folding in delicately with a spatula, from high to low. Then line a tart dish with the shortcrust pastry also on the sides, pour the filling in delicately and bake in a pre-heated oven at a medium high temperature, for an hour and fifteen minutes. Let it cool in the dish and then place it on a plate, dust with icing sugar, flavored with cinnamon and vanilla.



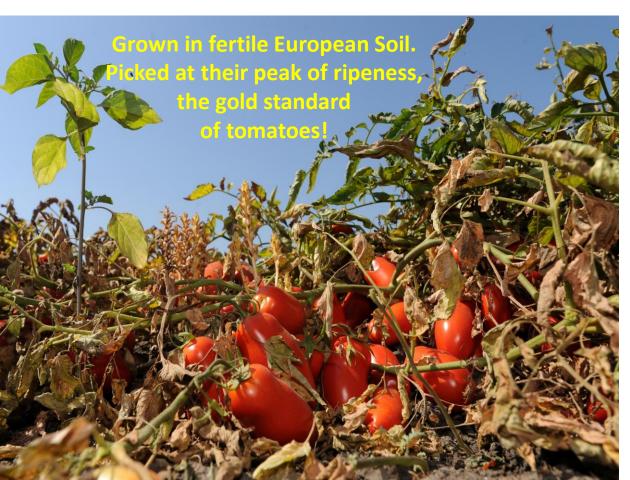
For more scrumptious tomato-y Recipes, visit our website: <a href="https://redgoldfromeurope.kr/recipes/">https://redgoldfromeurope.kr/recipes/</a>

#### **MEMBER COMPANIES**

ANICAV represents 73 Italian tomato-processing companies and is the largest representative association of this kind in the world; 80% of San Marzano DOP producers are ANICAV members.

You can find a complete list of its members on our website:

https://redgoldfromeurope.kr/member-companies/







capture the essence of Europe for your table!



#### **ADVERTISING**

## RED GOLD FROM EUROPE. THE ART OF PERFECTION, PRESERVED FOR ALL TASTES.









Home living

Olive

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## RED GOLD FROM EUROPE. THE ART OF PERFECTION, PRESERVED FOR ALL TASTES.



OIS A

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Bar & Dining

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**Italian Food** 

#### **PRESS RELEASES**

May 2, 2019 Greatings From The Land of Tomatoes!>>>

https://bit.ly/36uqhwX

June 30, 2019 Greatings From The Land of Tomatoes!>>>

https://bit.ly/38Btg8H

October 27, 2019 HALLOWEEN IS ON ITS WAY! >>>

https://bit.ly/2YH6l7z





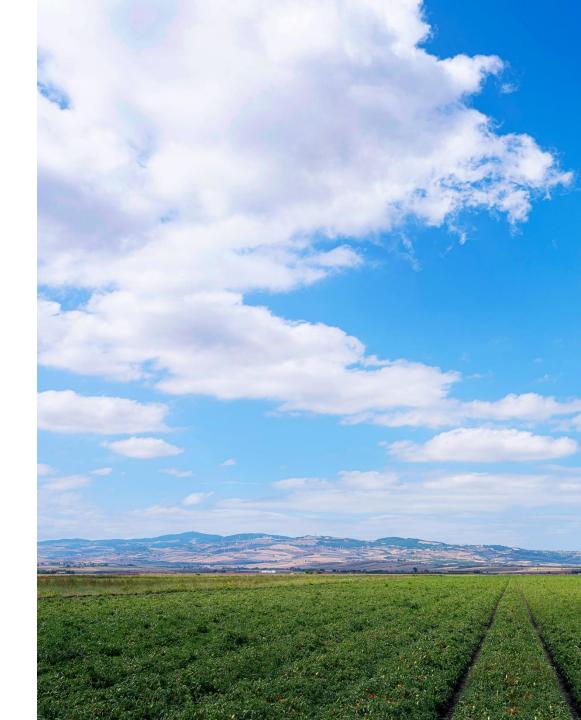
#### **PRESS REVIEWS**

COOKING CLASS WITH TOMATO & KIMCHI >>> <a href="https://bit.ly/2R9Xsll">https://bit.ly/2R9Xsll</a>

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#### **LOOKING TO 2020**



Connect with us at the **Food Week** Korea 2020
Let us delight your tastebuds with some amazing cooking sessions.
Submit your application to join an **amazing press tour to the Land of Tomatoes!**More, much much more to come...

#### WE'D LIKE TO HEAR FROM YOU...

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Red Gold From Europe SNS

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