

RED GOLD FROM EUROPE. THE ART OF PERFECTION, PRESERVED FOR YOUR TABLE.

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Two Tomato Recipes, double your holiday food-joy!



Vibrant, red, juicy tomatoes—one of life's great pleasures—only available for a short time each year. Yet with so many delicious winter sauces and soups based on tomatoes, what are we to do? We need canned—the best quality available; grown in a fertile land, picked at their ripest, their flavours and textures condensed by the preserving process: Red Gold from Europe!

With Red Gold from Europe tomatoes, your repertoire of holiday dishes is transformed with possibilities. The eaters are happy because the food is delicious; the cook is happy because it is a joy to create dishes using excellent ingredients. Pasta, pizza, risotto, meatballs are even zestier, so uber-tomatoey and full of good taste.

So, let's celebrate Christmas and New Year with a dish dedicated to the “marriage” of fish with tomatoes; and then...throwing caution to the wind, let's go a little bit wild and crazy with a sweet tomato tart!

BACCALA' OLIVE E CAPPERI - SALT COD WITH OLIVES AND CAPERS

Time: 55 min

Difficulty: - medium

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

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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

CROSTATA DI POMODORI - SWEET TOMATO TART

Time: 2h

Difficulty: high

Serves: 4



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

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

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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. Then 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, flavoured with cinnamon and vanilla.

VERSATILITY OF TOMATOES

It's easy to find canned tomatoes to match your recipe. **Today the most-loved and most-used canned products are the classic whole peeled tomatoes, chopped tomatoes, tomato passata (pureed tomatoes) and cherry tomatoes**



Tomatoes are the most versatile of foods and they lend themselves to infinite options. The preserved tomatoes that we find today on our shelves all over the world satisfy all our needs and desires. Each product has its own special taste. But which type of preserved tomatoes should we use for the dishes we want to prepare? As always, the more we know, the better choices we can make. Whether in a can or a bottle, what counts is the quality of the product.

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Chopped tomatoes are peeled tomatoes chopped and deseeded in their juice. They are an excellent base for quick recipes, reducing the watery content and providing a delicious quick pasta sauce. They are ideal for fish dishes, as their freshness and slight acidity provide the balance between the taste of the tomato and the delicate flavour of the fish.



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.



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.



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.

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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.

For a selection of more delicious, tomatoey Recipes visit our site and SNS. Merry Christmas and Happy New Year!

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The Red Gold from Europe Team

sally@redgoldfromeurope.com, lovelysohn@gmail.com

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