

Chapter 1 : Chicken with Creamy Sun Dried Tomato Parmesan Sauce - Cafe Delites

Worth their weight in gold. Four pounds of tomatoes and a bit of salt produce a quart of these amazing dried tomatoes. We like to store them in olive oil to keep them plump and moist.

Antonis Achilleos To some, they are flavor firecrackers and a beloved relic of the past. They were featured at both hip and workaday pizzerias, turned into a popular bagel flavor, and incorporated into half a billion dinner party salads during the Clinton administration. And the food media went wild. But then, suddenly, they were gone. No chef would cook with them, and they were no longer welcome in the halls of Savor. Sun-dried tomatoes themselves are a product of the Mediterranean region, mainly southern Italy. So that the tomatoes could be used throughout the year, people would dry them out on a rooftop and then preserve them in olive oil. The drying process, they discovered, brought out an intense, sweet and tart flavor in the tomatoes, so sun drying became a widespread technique. Many chefs and writers I interviewed recall first seeing sun-dried tomatoes in the s as an imported product from Europe in specialty food stores. This was around the time that two important shifts in food were happening: The Mediterranean diet was gaining popularity, and food magazines and cooking shows were on the rise, ushering in a push toward home cooking. Sun-dried tomatoes arrived in shops around the same time as other Mediterranean ingredients, like capers, olives, and anchovies. But what made sun-dried tomatoes the most popular of these Mediterranean offerings, he adds, is that they were versatile and simple, and people already knew what dried fruit was. You could use them in everything from salad to garnishing a chicken breast. The cookbook *Sun-Dried Tomatoes*, which author and stylist Ethel Brennan cowrote with her mother, Georgeanne Brennan, was part of a series of single-subject cookbooks on trending ingredients, like goat cheese or herbes de Provence. Ethel Brennan says that *Sun-Dried Tomatoes* ended up going through several printings, far outperforming all of the other books in the series. Chefs picked up on the trend, too. More likely trendsetters were places like Square One, one of the very first pan-Mediterranean restaurants in America, which opened in ; chef Joyce Goldstein used sun-dried tomatoes in a chicken pasta and as a stuffing for Cornish game hen. In a *D Magazine* write-up of trendy new spots in Dallas, sun-dried tomatoes are mentioned in descriptions of seven different restaurants: These tomatoes were much cheaper to produce and sell than the imported sun-dried tomatoes from Italy, enabling the ingredient to become even more mainstream—a staple not just for specialty food stores, but for any grocery store. The problem was that these cheaper sun-dried tomatoes were also significantly lower in quality—much more bitter, and without the characteristic sweetness and intensity. Ruth Reichl, who was the restaurant critic for *The New York Times* from to , says she became frustrated by the way in which sun-dried tomatoes gave way to monotony on menus. People were just using it in these inappropriate contexts. As soon as sun-dried tomatoes entered the mass market, it was as if overnight they disappeared from menus and magazines alike. This is what happens, Brennan recalls. Dehydrated tomatoes were now more available than the authentic sun-dried version, and the only people championing them were large food corporations. PJ Calapa, chef of the southern Italian restaurant Scampi, in New York, remembers suggesting adding a sun-dried tomato dish to the menu and getting a tepid response: Others, like Reichl, insist that sun-dried tomatoes ought to stay obsolete. Sun-dried tomatoes are important in American cuisine because of the way that they, as a single ingredient, were able to open up the minds of consumers to an entire region of bright, briny tastes. For all this, you can thank the sun-dried tomato.

Chapter 2 : How to Make Sun Dried Tomatoes: 13 Steps (with Pictures) - wikiHow

However, a relatively small amount of sun-dried tomatoes gives a gourmet touch and a burst of flavor to a variety of recipes. Easy to make, store, and use at home, this is an item you may wish to consider a staple in your pantry.

Removing the water through drying preserves tomatoes while retaining flavor. Sun-drying is economical, but the process can be tricky because they need a specific temperature range. Whether you make your own or buy them at the store, sun-dried tomatoes are packed with nutrients that deliver health benefits. **Nutrients** One cup of sun-dried tomatoes has calories, 8 grams of protein and 7 grams of fiber. This means that men get 14 percent of the recommended daily intake of protein and 18 percent of fiber, while women gain 17 percent of their daily intake of protein and 28 percent of fiber. A one-cup serving of sun-dried tomatoes has 39 percent of the recommended daily intake of potassium, which is essential for muscle contraction and the transmission of nerve impulses. Men get 82 percent and women obtain 27 percent of the recommended daily intake of iron. The same serving size provides 23 percent of the daily intake of thiamine and riboflavin, as well as 31 percent of niacin. These B vitamins are essential for converting food to energy, maintaining the nervous system and keeping skin healthy. **Antioxidants** Free radicals are natural byproducts of chemical processes in your body, but they damage cells and contribute to diseases, such as arthritis, cardiovascular disease and cancer. Antioxidants protect your health by neutralizing free radicals and lowering inflammation. One cup of sun-dried tomatoes provides 23 percent of the recommended daily intake of vitamin C and 16 percent of vitamin A. Vitamin C supports the immune system and neutralizes free radicals throughout the body. Vitamin A refers to a group of substances with different roles. Three other members of the vitamin A family â€” lycopene, lutein and zeaxanthin â€” work as antioxidants. One cup of sun-dried tomatoes has about 1 milligram of lutein and zeaxanthin and 25 milligrams of lycopene. Lutein and zeaxanthin protect your eyes from age-related diseases, such as cataracts and macular degeneration. All three exhibit anti-cancer activity, but lycopene is specifically associated with a lower risk of prostate cancer. **Heart Health** Antioxidants contribute to heart health by reducing inflammation in the blood vessels. A serving of sun-dried tomatoes delivers further heart benefits by providing 6 percent of the recommended daily intake of calcium and 25 percent of magnesium. Calcium is a well-known component of bones, but it also stimulates the contraction of heart muscles. Magnesium has the opposite role, helping to ensure normal heart rhythm by causing the heart muscles to relax. Calcium and magnesium also regulate blood pressure by coordinating the contraction and relaxation of blood vessel walls. **Strong Bones** In addition to containing 6 percent of the daily intake of calcium, 1 cup of sun-dried tomatoes has 25 percent of the recommended intake of magnesium and 27 percent of phosphorus. Calcium combines with phosphorus to create the primary bone-building mineral hydroxyapatite, while magnesium helps form the matrix that supports the other minerals.

Chapter 3 : Italian restaurant, Smithtown, Nesconset, Saint James - Sundried Tomato Cafe

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With Step-by-step Photos, Recipe, Directions in ? And if you bring home some fruit or vegetables and want to can, freeze, make jam, salsa or pickles, see this page for simple, reliable, illustrated canning, freezing or preserving directions. There are plenty of other related resources, click on the resources dropdown above. If you have questions or feedback, please let me know! Sun-dried tomatoes, either in olive oil, seasoned, or plain, add a gourmet touch and great flavor to many dishes and salads. But the price in the stores is exorbitant! Did you know it is incredibly easy to make your own sun-dried tomatoes at home with no special equipment? They make excellent gifts, too. According to the USDA, few, if any store-bought "sun dried" tomatoes are actually sun dried but the regulations allow them to call them that! Anyway, they will taste the same or better, actually using an oven or food dehydrator. And see this page for a comparison of the cost of various oven heating methods and oven types. Ingredients Tomatoes - any quantity, ripe, but not over ripe, still firm. The yield varies considerably depending upon the moisture content of the tomatoes, which depends upon the type of tomato and the weather. Paste tomatoes Roma work best and typically yield 2 cups of dried tomatoes for each 5 lbs of fresh. Equipment 1 large pot and Large slotted spoon if you want them peeled first Vacuum food sealer or plastic zipper Ziploc type bags And one of the following: An oven OR an automobile on a hot sunny day! At right is a picture of tomatoes from my garden - they are so much better than anything from the grocery store. Below are 4 common varieties that will work, although any variety even grape and cherry tomatoes will work, but they might take longer to dry, due to their higher water content: Lemon Boy, yellow Bottom right: Better Boy The picture at right shows the best variety of tomato to use: Roma; also called paste tomatoes. They have fewer sides, thicker, meatier walls, and less water. And that means thicker sauce in less cooking time! This is completely optional; some people prefer them with skins, some without. The type you buy in the stores usually has the skins intact. Plunge them into a waiting bowl of ice water. This makes the skins slide right off of the tomatoes! With a gentle tug, the skins should practically slide off the tomatoes. Step 3 - Removing bruises and tough parts, and cut in half Cut the tomatoes in half lengthwise. Cut out the tough part around the stem and any bruised or soft parts. I usually then cut the tomatoes in half again, so I get four lengthwise quarters from each tomatoes. It just depends how big or small you want the final dried pieces to be. Just scoop them out with a spoon or with a nudge from your finger! Step 5 - Drying the tomatoes As I said at the beginning, you have 3 choices: A Food dehydrator - which is the easiest way, and since it is designed for this purpose, yields the most consistent results. I learned this through experience! Also, those with adjustable thermostats temperature control and a timer are best - more expensive, but, as Borat might say "very nice! An oven - everyone has one of these, so that means you need no additional equipment A car well, or truck, suv, minivan, etc. Here are the specific directions for each method: Turn the dehydrator on and enjoy the aroma. If your food drier has a thermostat, set it for degrees F. It will take 3 to 8 hours. See "how to tell when they are done" in step 6, below. Arrange the tomatoes on cake racks, spread out, not touching each other. Automobile and a hot sunny day: It sounds strange, but the same stifling hot car that burns your legs makes an excellent food dryer. Cover them loosely with cheesecloth to keep any potential for bugs to come in contact. It may take 2 days - bring the tomatoes in the house overnight. Note to Al Gore: If you dry tomatoes in one of your limousines or private jet, it might count as a part of your carbon offset! When done, the tomatoes should be flexible, like a raisin from a fresh bag; not brittle. Most describe them as leathery with a deep red color, without free water or a tacky feeling. Step 7 - Cool, then Fill the Zipper-type bags Let the tomatoes cool to room temperature about 20 to 30 minutes , then fill the bags. Do try to avoid leaving any air pockets! A vacuum bag is shown at left, but you can use ziploc or similar bags, shown below. But be sure to squeeze out the extra air below left is before, below right is after squeezing out the excess air. But the rate of spoilage and preservation of flavor is MUCH better with the vacuum-sealed tomatoes. When straw is in place, remove air by sucking the air out. To remove straw, press straw closed where inserted and finish pressing the bag closed

as you remove straw. Step 9 - Store the bags in the fridge or very cool, dry place The freezer is best, there the dried tomatoes will retain their color and flavor for about 9 to 12 months. A fridge is ok for a few weeks, but if there is much moisture left in them, they WILL start to get moldy in a month or so. The vacuum bag food sealers really help to increase the longevity of dried tomatoes in the fridge see this page for more information with their vacuum sealing! I am not paid by them, but these things really work. DO not store this outside of the freezer or fridge. This is a low acid food and sealed up, without air, botulism can grow at temperatures above 40 F. Dried tomatoes quickly reabsorb moisture, so be sure your containers really are airtight. If they re-absorb moisture, they may then go moldy. If they are still too moist, they will also go moldy. If you see any moisture in the containers, remove the tomatoes immediately, put them back in the food dryer and resume the drying process. Notes about packing in oils:

Chapter 4 : What Are the Health Benefits of Eating Sun Dried Tomatoes? | Healthy Eating | SF Gate

Easiest Homemade Sun-Dried Tomatoes These Homemade Sun-Dried Tomatoes are a cinch to make and add pizzazz to any savory dish - pastas, pizza, savory muffins - and they're great right out of the bag! Course Dressings, Seasonings, etc.

Chapter 5 : What Ever Happened to Sun-Dried Tomatoes? An Investigation. | TASTE

Sun-dried tomatoes, either in olive oil, seasoned, or plain, add a gourmet touch and great flavor to many dishes and salads. But the price in the stores is exorbitant.

Chapter 6 : Easiest Homemade Sun Dried Tomatoes

Found a great source for food preserving info at www.nxgvision.com, very pleased with my dried tomatoes! Paraphrased notes from the site: The best tomato to use for dehydrating is the Roma tomato because it contains less water and seeds.

Chapter 7 : Sun-dried tomatoes "from the oven" | From the Grapevine

Take each tomato half in hand- with the cut-side out- and give it a quick, gentle squeeze to force out the seeds. Use a finger to sweep remaining seeds out. Place each tomato, cut-side up, on a cookie sheet.

Chapter 8 : Spinach and Sun-Dried Tomato Pasta Recipe - www.nxgvision.com

Any type of tomato can be used to make (sun) dried tomatoes, but typically plum (Roma) tomatoes are used due to their high flesh-to-juice www.nxgvision.com drying process may be lengthy but you can learn how to sun dry tomatoes in your backyard or oven.

Chapter 9 : American Bistro & Catering / SUNDRIED TOMATO / San Clemente / San Juan Capistrano

Sundried tomatoes are great to have on hand because they practically last www.nxgvision.com found at any supermarket, they provide a concentrated tomato flavor that is the perfect blend of sweet and savory.