

🍅 CRUSHED NEW JERSEY TOMATOES 🍅

Yield – 10 32 oz jars or 20 16 oz jars

Select the highest -quality local and organically grown vine-ripened tomatoes. They should be ripe, firm and unblemished as much as possible. Canning does not make lesser quality fruits and veggies better. The goal is to preserve the fruit at its' peak for the absolute best flavor and highest nutritional content.

25 lbs. ripe Organic Plum Tomatoes

*5 teaspoons ascorbic or citric acid **

10 teaspoons kosher or fine ground sea salt

Put a large soup pot of water on to boil

Prepare a large bowl, pot or sink full of ice water.

Wash the tomatoes and, using a small paring knife, score each blossom end with an "X"

When the water comes to a boil, working in batches, drop tomatoes in gently, to avoid splashing, and boil for 30 to 60 seconds or just until skins begin to split.

Using a slotted spoon, transfer tomatoes from the boiling water to the ice water bath.

*Once cool, the tomato skins will peel off easily. Remove and discard the skins. ***

Quarter tomatoes, trimming away and discarding any bruised or discolored bits.



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Heat a few pounds of the tomatoes in a saucepot large enough to accommodate at least half of the tomatoes, crushing them with a wooden mallet or potato masher as they are added to the pot. This will help to begin drawing off the juices.

Continue heating the tomatoes, stirring to prevent burning. Once these tomatoes are boiling, gradually add the remaining quartered tomatoes, stirring constantly. These remaining tomatoes do not need to be crushed as they will soften with heating and stirring. Continue until all tomatoes are added. Boil gently for 5 minutes or more.

Meanwhile, preheat oven to 250 degrees. Arrange clean wide mouth canning jars upright on a baking sheet pan and place in the hot oven until ready to fill.

When the tomatoes are ready, remove sheet pan with jars from the oven and place on a flat surface close to your stove. Add ½ tsp citric acid and 1 tsp salt to each hot quart jar. Fill jars with hot tomatoes, leaving 1/2" inch headspace. Remove air bubbles if needed. Wipe jar rims. Adjust lids and process in hot water bath for 45 minutes ***

* Natural substances derived from fruits and veggies. Used to preserve foods. Both have antioxidant qualities and lower the PH of foods which helps to prevent the growth of unwanted bacteria. Tomatoes have a natural PH that falls close to 4.6 (neutral) so we must add as a precaution when hot water bath canning. Ascorbic acid also helps to preserve the color of foods.

** Or, oven-roast whole clean tomatoes on a sheet pan for 20 minutes at 450 degrees, allow to cool and peel away skins

*** Process time 45 minutes for Quart jars; 35 minutes for Pint jars



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