



Tomato Theme

This complex dish from Le Manoir is made up of five separately simple elements, which can be served in their own right as a home-style dish.

This tomato theme was born from me enjoying Maman Blanc's tomato salad as a boy and moping up the juices around the plate. That was the essence of the tomato, this dish is the ultimate tomato experience.

SERVES (YIELD): 4
DIFFICULTY RATING: •
PREPARATION TIME: 30 MINS
COOKING TIME: 40 MINS

SPECIAL EQUIPMENT:
Mouli

INGREDIENTS

For the tomato sauce

1 medium white onion, finely chopped
45g/3 tbsp olive oil
30g/2 tbsp tomato puree
12 Roma tomatoes, (*1) ripe, seeded and chopped
4 pinches salt
2 pinches pepper, black, freshly ground
3 pinches sugar (optional)
3 leaves of fresh basil

For the stuffed tomatoes

4 x 200g each Marmande or beef tomatoes, top removed and flesh scooped out

For the stuffing

200g pork mince
60g fresh breadcrumbs
1 egg yolk
20g banana shallot, finely chopped
2 cloves garlic, crushed
20g flat leaf parsley, roughly chopped
1 sprig tarragon, leaves picked and roughly chopped
15ml/1 tbsp extra virgin olive oil
60g Comté cheese, grated

VARIATIONS

Try this recipe with vegetable risotto (see recipe 33) cooked three quarters of the way through and bake as above.

METHOD

For the tomato sauce

- 1 On a medium heat, in a medium saucepan (16cm) soften the onion for 3 minutes in the olive oil without letting it colour.
- 2 Add the tomato puree and cook for one minute before adding the chopped tomatoes and seasoning.
- 3 Cook on medium heat for a further 20 minutes. Taste, correct seasoning and add sugar if necessary.
- 4 Pass the sauce through a moulin and reserve.

Preparing the tomatoes

- 1 Preheat the oven to 180°C. Slice 1/3 off the top of the tomatoes to make a hat. With a spoon, scoop out the pulp and juices of the tomatoes into a bowl. Make sure you don't remove too much of the inside of the tomato as this will weaken the wall and the tomato may split during cooking.
- 2 In a large bowl mix together all the stuffing ingredients apart from the cheese, divide the stuffing equally between the tomatoes; top with the grated cheese and place the lid back on top of the tomato.
- 3 Place them in a baking dish, drizzle with extra virgin olive oil and cook in the preheated oven to cook for 25 minutes.

To serve

- 1 Reheat the tomato sauce and pour into the baking dish around the stuffed tomatoes, or you can serve directly onto individual plates and place a stuffed tomato on top.