

TOMATOES



Tomato 'Concasse' Salsa

INGREDIENTS

- 1 lb of roma tomatoes
- 1/3 cup of garlic cloves, minced
- 2 tablespoons of fresh chives, chopped
- 2 tablespoons fresh thyme, chopped
- 3 tablespoons of olive oil
- Salt and pepper to taste

PEAK SEASON

July - October

DIRECTIONS

“Concasse” is a French originated term of a certain cooking style, that goes like this:

- 1** After washing the tomatoes, using a sharp knife, make a scar in the bottom side of the tomato, and blanch in hot salted water, for a maximum of 30 seconds, then remove the tomatoes and lay them gently in an ice bath (a bowl of ice and little bit of water).
- 2** After finishing with the tomatoes, cut them in quarters and take all the seeds out of them.
- 3** Dice the tomatoes into medium-small dice.
- 4** Toss the tomatoes with the garlic, chives, thyme, olive oil, salt and pepper, and adjust the flavor and seasoning according to what suits you. (You have the option of adding 2 tablespoons of freshly squeezed lemon juice.)
- 5** Serve cold/chilled, with some tortilla chips.

*Recipe provided by
Chef Manal El-Sabbagh*



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