

Refueling Your Fork in Sync with the Seasons



Annette O. Corona
Freelance Writer
Published Author

640 Franklin Alley
Bethlehem, PA 18018
PH: 610.509.8519
E: info@annetteOcorona.com

Search Site

[Home](#) [Blog](#) [Shop](#) [Cart](#) [Checkout](#) → [Review Order](#) [Site Map](#)

-- [Greatest Tomatoes From Europe – The Art of Perfection Preserved for All Tastes](#)

Cottage Comforts – Tomato Cookery at its Finest

Posted on December 31, 2019 by Annette O. Corona

Cottage Comforts – Tomato Cookery at its Finest

This is the 3rd post in the series "Greatest Tomatoes From Europe" campaign highlighting preserved tomatoes as part of the rich and varied European cultural culinary heritage...

It is impossible to imagine Italian cooking without tomatoes, which seem to be the vital ingredient in nearly every recipe. It has been said that tomato red is the color of summer and well-being, a positive energy that accumulates when ripening in the Mediterranean sun, to burst with energy in terms of texture and flavor in a dish. No other food seems to bring such comfort and reassurance as the tomato, all the while doing you good. And when fresh tomatoes are not available, such as in winter, a good can of preserved tomatoes fits the bill for quality and genuineness and a must to have on hand in your kitchen!

The following recipe is perfect for this time of year—a true comfort as the whipped up winds of January howl outside and the craziness and glitz and glitter of the holidays is finally over. We yearn for comfort now and simplicity, and out of these needs this recipe was born.

CLICK TO DOWNLOAD: [BLOG POST#3 PORK AND VEGETABLES IN TOMATO BROTH-TOMATO CAMPAIGN](#)

Signature Offering by Annette O. Corona – Freelance Food Writer and Author – Greatest Tomatoes From Europe Campaign 2019 – All Rights Reserved.



Pork and Vegetables in Tomato Broth

Makes 6-8 servings

You can serve my versatile specialty as a side dish or a meal in itself accompanied by lots of toasted Italian bread to sop up all that delicious tomato broth.

I decided to use pork tenderloin, also called the pork fillet or Gentleman's cut, because it does not need any marinating, just a quick sear will seal in all the juices. Feel free to vary the vegetables with the seasons in this dish and use as many as you wish—this dish should be thick with meat and vegetables!

I chose classic **canned whole peeled tomatoes** for this recipe and I gently squeezed to break them apart—making sure to catch all those wonderful juices! I also use some **tomato paste** for not only the rich taste, but to add color—which gives the broth a lovely reddish tint with a hint of orange and an amazing flavor.

This recipe can be made up to 3 days in advance and improves in flavor as it sits.

- 1½ pound pork tenderloin, cut into small 1-inch pieces
- 3 tablespoons olive oil (generous)
- 2½ teaspoons sea salt
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons dried oregano
- 1 teaspoon dried thyme
- 2 tablespoons tomato paste
- 4 cups pork or chicken stock or water
- 1 onion, chopped
- 2 cloves garlic, sliced

Never Miss a Thing, Subscribe Now!

YOUR EMAIL:

Enter email address...

Subscribe



[Ukrainian American Cultural Center of New Jersey](#)

Annette will be appearing at [The Ukrainian American Cultural Center of New Jersey](#) on **Thursday November 29, 2018**.

The event is open to the general public. There will be a luncheon from noon until 1 p.m., and afterwards she will be giving a lecture, answer questions, and sign copies of her cookbook from **1 p.m. until 3 p.m.** Reservations can be made by contacting the Center at www.uaccnj.org or by calling (973) 585-7175. The address is: 60 N. Jefferson Rd.; Whippany, New Jersey 07981-1030.

[TV Appearance on WFMZ with Annette Ogrodnik Corona—"The New Ukrainian Cookbook" Winner of the 2012 Gourmand Cookbook Award for Best Eastern European Cuisine book in the USA](#)



"Not everyone would sell their business to work on an organic farm, but Annette did just that!" View her appearance on [WFMZ TV 69 News](#), talking about how she got back to her roots, wrote a book, and why one should strive to cook "in sync with the seasons"—the subject of her next cookbook!

Click on the WFMZ link to watch Annette cook Tuscan-Style Chicken Sausage with Grapes, and to get the complete recipe for this delectable dish: www.wfmz.com

[Reserve a Cooking Demonstration & Book Signing Date with Annette](#)

Annette O. Corona believes anyone can cook and homemade meals with



3 carrots, peeled and chopped
2 ribs celery, chopped
8 ounces flat Italian beans or green beans, trimmed and cut into 2-inch pieces
1 small green or yellow zucchini squash, cut into 1-inch pieces
(1) 28-ounce can of whole peeled tomatoes; squeeze to break apart, and save all the juices
4 ounces baby spinach leaves
½ cup freshly chopped parsley
Toasted Italian bread to be served on the side

Put the pork cubes on a large plate and drizzle with olive oil, tossing to coat all the pieces; sprinkle with salt, black pepper, oregano and thyme and toss again.

Place a large covered casserole over medium heat and when the pan just starts to smoke, add the pork and gently brown on all sides—this will take about 5 minutes; add the tomato paste and stir to coat the pork, adding a little more olive oil if necessary to prevent sticking; continue cooking another 3 minutes or until the tomato paste just starts to brown; turn the heat up to medium-high and add the stock, stirring and scraping the bottom of the pan to remove the browned bits.

At this point, add the onion, garlic, carrots, celery, green beans, and the whole tomatoes and the juices; bring to a boil; reduce the heat to medium low, cover, and simmer about 15 minutes; uncover, turn up the heat to medium, and add the squash and spinach leaves; continue cooking, uncovered, another 10 minutes or until the squash is tender.

Taste and adjust the seasonings, adding more salt and black pepper if needed and then stir in the parsley; spoon the vegetables and pork into shallow bowls and ladle some broth over top.

Serve immediately with plenty of warm, toasted bread on the side.

I want to wish everyone a Happy New Year filled with good food, comfort and prosperity, and happy cooking using Europe's finest preserved tomatoes!

This entry was posted in Recipes by Annette O. Corona. Bookmark the permalink.

[← Greatest Tomatoes From Europe – The Art of Perfection Preserved for All Tastes](#)

Leave a Reply

Your email address will not be published. Required fields are marked *

Comment

Name *

Email *

Website

can cook and demonstrate these with good quality, seasonally-sensitive ingredients not only shows a connection to nature, but is one of the greatest pleasures in life. She has written for many food publications over the years and has cut her teeth working in professional kitchens and in her own catering business. Annette employs the "Farm to Table" philosophy of sustainable living, and is now working on another cookbook--a seasonal meal-planner of sorts, that illustrates how real people live and eat. Culled from her own extensive culinary repertoire, but leaving plenty of room for creativity, she believes we can change and impact the world--starting at the dinner table.

Annette also encourages exploration of different cultures and introduces readers to her Ukrainian heritage in her first cookbook, doing numerous book signings at well-known places like Moravian Book Shop and Barnes & Noble stores. She is the author of the blog, "Refueling Your Fork in Sync with the Seasons" which encourages people to use seasonal, local ingredients as much as possible. She also discusses and illustrates how to implement various cooking strategies and techniques so readers and home cooks alike can organize, prepare, and present healthy and nutritious meals to their families and friends all year long.

To arrange a cooking demonstration or book signing with Annette, please see the contact information in the header of this blog.

Buy the Book



[CLICK HERE TO ORDER](#)

The New Ukrainian Cookbook

by Annette Ogronnik Corona;
Hippocrene Books, Inc., 2012;

Hardcover Only

Available in bookstores and on-line

Books!



Recipes to Bridge the Seasons: From Summer's Last Hurrah to Autumn's Chilly Beginnings

It's Harvest time!! Purchase this wonderful collection of ten recipes that capture the best of the season for the low introductory price of \$3.99.

Available in PDF format so that you can print out these delicious recipes. [CLICK HERE TO SHOP](#) our own online book store.

Now on Kindle: Want to start cooking right away? The New Ukrainian Cookbook is available from Amazon as a download for your Kindle! Save 28% over the hardbound version and get delivery to your device immediately by clicking [HERE](#).

Recent Posts

- Cottage Comforts – Tomato Cookery at its Finest
- Greatest Tomatoes From Europe – The Art of Perfection Preserved for All Tastes
- Sun-Kissed Sweetness – European Preserved Tomatoes
- A Fall Favorite—Carrot Walnut Cookies with Creamy Apple Cider Icing!
- Pears Proffer the Most Innocent Sort of Seduction -Welcome Autumn 2019

Favorite Farm Market Vendors

Apple Ridge Farm
Backyard Bison
Backyard Growers: 610-868-3452
B.A.D. Farm: 610-756-6574
Blooming Glen Farm
Breakaway Farms
Compost (garden/plants)
Cranberry Creek Farm
Dutch Hill Preserves
Gottschell Farms
Keepsake Farm
Klein's Farms & Dairy
Lettuce Alone Farm: 610-285-2779
North Star Orchard
Origin Farm-Organic Flours
Pheasant Hill Farm: 610-928-7541
Primordia Mushroom Farm: 484-336-4611
Purely Farm: 215-317-0889
Rabbits' Run Farm: 215-536-1161
Red Earth Farm: 570-943-3460
Saltopia
Salvaterra's Gardens: 610-682-0542
Scholl Orchards
Stagecoach Orchard Apiary: 610-377-1875
Stone Oven at Apple Ridge Farm
Stryker Farm
Teprovich Farm and Bakery: 610-662-5217
The Flour Shop Bakery
The Seed Farm
Valley View Farms
Wild Fox Farm
Willow Haven Farm

Archives 

Posts 

