

Refueling Your Fork in Sync with the Seasons



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Greatest Tomatoes From Europe – The Art of Perfection Preserved for All Tastes

Posted on December 30, 2019 by Annette O. Corona

Greatest Tomatoes From Europe – The Art of Perfection, Preserved for All Tastes

This is the second blog post in the series “Greatest Tomatoes From Europe” campaign highlighting canned tomatoes as part of the rich and varied European cultural culinary heritage...



I think tomatoes are the most loved of foods and lend themselves to infinite options. Canned tomatoes today in particular are a most-loved and most-used choice, suitable for many different recipes. Of course, each type of canned tomato has its own personality, which in turn encourages the cook to experiment with new ideas. The following are two of my *signature creations*:



Tomato Florentine Soup

The history of Italian soup is probably as old as the history of Italian cuisine. There are a variety of Italian soups and mine fits into the category of *minestre*, or a vegetable soup that typically contains pasta, barley or rice, and whose consistency can be light or thick. **Chopped canned tomatoes** are my choice here and add a freshness and slight acidity to the soup. Preparation time is definitely under 30 minutes and is nutritious and filling.



Green Beans with Tomatoes and Garlic

One of the most delicious vegetables, here green beans are paired with **canned pureed tomatoes**. The creamy tomatoes add richness to this dish and make it a good first course, or serve as a warm salad accompanied by warm crusty rolls. This dish also makes a fine addition to a buffet table.

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[BLOG #2-GREATEST TOMATOES FROM EUROPE-TOMATO FLORENTINE SOUP and GREEN BEANS WITH TOMATOES AND GARLIC](#)

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Tomato Florentine Soup

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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 Ogronnik 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



Makes 6 servings

This is my restaurant-quality soup, ideal to serve in the fall and wintertime as a first course or sturdy lunch with crusty Italian bread. If fresh spinach is not available, use a 10-ounce package of frozen chopped spinach and add it along with the broth and **chopped canned tomatoes**. Any small pasta will do, and for a Milanese-style variation, substitute rice for the pasta.

COOKING NOTE: Tiny pastas continue to soak up liquid as the pot sits on the stove, so it's important to serve the soup as soon as the pasta is cooked.

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 2 ribs celery, finely chopped
- 2 cloves garlic, sliced
- 8 cups chicken or vegetable stock
- (2) 14 ounce cans **chopped canned tomatoes, juices included**
- 2 teaspoons dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 1½ cups *lumachine* or *ditalini* pasta
- 10 ounce fresh baby spinach leaves, or curly spinach leaves, coarsely chopped
- 3 tablespoons chopped fresh basil

In a large stockpot, warm the oil over medium heat, and add the onion, carrot and celery and cook, stirring, until the vegetables are softened, but not browned, about 3-5 minutes; add the garlic and continue cooking another minute; add the broth, canned tomatoes and their juices, oregano, thyme, salt and black pepper and bring to a boil over medium-high heat.

Add the pasta and let return to a boil; reduce the heat to medium and simmer, uncovered, stirring occasionally, until the pasta is cooked al dente, about 7-8 minutes, adding the spinach and basil the last 5 minutes of cooking. Taste and add more salt and black pepper if needed. Serve immediately in warmed bowls.

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Green Beans with Tomatoes and Garlic

Makes 6 servings

This dish is so simple to make! Green beans, and especially the Italian flat beans, are a personal favorite and here they will literally just melt in your mouth! Now, in this recipe, I like to use **canned chopped tomatoes** which provide an excellent base for the beans—and, don't be put off by the cooking time—the heat is low and this lets the flavors blend together so beautifully I assure you it will be well worth the wait!

I like to sprinkle toasted pine nuts over top when serving for a lovely crunch, but this is optional. Toasted walnuts are also very good.

Sometimes I serve these green beans and the juices over polenta or pasta and sprinkle with grated cheese, or top with browned ground beef for a heartier entrée. The choice is always yours.

- 1 tablespoon, plus 1 teaspoon olive oil
- 1½ pounds fresh green beans, trimmed
- (1) 14 ounce can **chopped tomatoes**
- 3 cloves garlic, crushed
- 2 teaspoons dried oregano
- 1 teaspoons sea salt
- ½ teaspoon freshly ground black pepper
- 2 teaspoons dark brown sugar
- About ½-1 cup warm water, to use as necessary to prevent sticking
- ½ cup toasted pine nuts or walnuts (optional)

In a large covered casserole, warm the oil over medium heat and add the green beans, stirring and tossing often just until a bit soft, about 5 minutes; reduce the heat to medium-low and add the **chopped tomatoes**, garlic, oregano, salt and black pepper, stirring well to combine; reduce the heat to low, cover, and cook about 45 minutes, checking and stirring occasionally, adding water, if needed, a few tablespoons at a time to keep the beans from sticking together or drying out. The beans should be soft and tender, but not mushy.

Turn out the beans onto a warm serving platter with all of the juices, sprinkle with pine nuts if you like, and serve immediately.

I hope you enjoy these recipes. The preserved tomatoes we find on our shelves today all over the world satisfy all our needs and desires in the kitchen! Enjoy———preserved tomatoes really are amore at first bite!

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

can cook and homemade meals that 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.

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