

Refueling Your Fork in Sync with the Seasons



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← Cottage Comforts – Tomato Cookery at its Finest

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

Posted on January 7, 2020 by Annette O. Corona

Greatest Tomatoes From Europe – The Art of Perfection



This is the 4th blog post in the campaign “Greatest Tomatoes From Europe 2020”.

When fresh tomatoes are not available, like in the wintertime, a good can of tomatoes preserving their quality and genuineness is always great to have on hand, stashed in your kitchen cabinet.

Tomatoes never fail to amaze with their notable nutritional qualities: low in sugars and fats but rich in mineral salts, Vitamins A and C and precious antioxidants such as *lycopene*, which is easily absorbed by the human body. Tomatoes with their unique taste and versatility are an intrinsic part of the Mediterranean diet which has been recognized worldwide as one of the healthiest in the world.

Today's post recipe features **canned chopped tomatoes** and just a bit of **tomato paste**. While it takes about an hour to complete the dish, prep time is only about 15 minutes. It is one of my favorite vegetable and grain combinations, and I usually serve it with toasted pita triangles. The yogurt sauce is enriched with the taste of dill and mint and also makes a wonderful dipping sauce for carrot and celery sticks and olives.

CLICK TO DOWNLOAD: BLOG POST #4 RECIPE-GREATEST TOMATOES CAMPAIGN-Zuc. and Tomatoes

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Zucchini and Tomatoes over Bulgur with Garlicky Yogurt Makes 4-6 servings

Here zucchini and preserved tomatoes make tempting partners and this dish makes a nice vegetarian main course, appetizer or light lunch. The yogurt sauce is mixed with garlic and a bit of finely chopped onion and has a deliciously spicy flavor which I like to serve on the side.

Featured are **canned chopped tomatoes** and some **tomato paste**.

COOKING NOTE: Bulgur, also called bulgur wheat, burghul, or porgouri is popular in Middle Eastern cookery and can be found in most grocery stores today. It is simply wheat that has been cracked by boiling and re-dried.

- 2 medium-size zucchini
- 3 tablespoons olive oil
- 1 onion, finely chopped
- 2 cloves garlic, sliced
- 1 small red bell pepper, seeded and ribs removed, coarsely choppe
- (1) 14 ounce can chopped tomatoes, and juices
- 1 tablespoon tomato paste

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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 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



2 teaspoons sea salt
½ teaspoon freshly ground black pepper
½ cup bulgur wheat
1 cup warm water

Trim the ends off each zucchini and slice lengthwise into 2 pieces, and then cut each piece crosswise into 2-inch pieces; run a peeler over each piece to make a "striped" design.

Warm the oil in a medium-size saucepan over medium heat and add the onion, garlic, and red pepper, and sauté for 5 minutes; add the chopped tomatoes and juices, tomato paste, salt and black pepper and mix well; continue cooking another 5 minutes. Remove the pan from the heat and set aside.

Pour half of the tomato mixture into a large covered saucepan or shallow casserole, and arrange half the zucchini pieces skin-side up on top; pour the rest of the tomato mixture over top and cover with the remaining zucchini pieces, skin-side up. Sprinkle the bulgur so it covers the entire top of the mixture and add the water; bring the mixture to a boil over medium-high heat, reduce the heat to medium-low, cover, and cook for 20 minutes. Remove the pan from the heat and let sit, covered, for 30 minutes so that the bulgur can absorb all the liquid.

To serve, arrange the zucchini, tomatoes and bulgur on individual plates or on a large platter and serve Garlicky Yogurt Sauce on the side.

Garlicky Yogurt Sauce

Makes about 2½ cups

2 cups plain Greek yogurt
2 cloves garlic, crushed
3 tablespoons finely chopped onion
½ teaspoon sea salt or more to taste
1 tablespoon freshly chopped dill
2 tablespoons freshly chopped mint

Combine the yogurt, garlic, onion, salt, black pepper, dill, and mint together in a small decorative bowl and mix well. Taste and add more salt if necessary. Serve.

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

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can cook and demonstrate 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.

Buy the Book



CLICK HERE TO ORDER
The New Ukrainian Cookbook
by Annette Ogrodnik Corona;
Hippocrene Books, Inc., 2012;
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