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FOOD & BEVERAGE MAGAZINE

JANUARY 2022

Ian Somerhalder and Paul Wesley launch

BROTHER'S BOND

ultra-premium bourbon

TECH STARTUP, **GRUBBRR**,
GIVING AWAY FREE EMPLOYEES to
HELP STRUGGLING RESTAURANTS

BELOVED SPEAKEASY
BATHTUB GIN
OPENS LA LOCATION

SUGAR FACTORY
LANDS A SWEET NEW
LOCATION IN LAS VEGAS

OLIVES OF SPAIN

FROM THE OLIVE TREE
TO THE TABLE

DISTILLED & CRAFTED IN THE TRADITION OF ALL GREAT BOURBON



BROTHER'S BONDTM
STRAIGHT BOURBON WHISKEY

GREATEST TOMATOES FROM EUROPE.

THE ART OF PERFECTION PRESERVED FOR ALL TASTES.

As the winter holiday season fades away - saying goodbye to its rich-food [over] indulgence - a new year comes into focus. January represents a new beginning. The days are starting to grow longer; the calendar year starts afresh; and everyone feels a pull towards healthier ways of living and being.

In recent years, giving up animal products in favor of plant-based meals, has become an uplifting way to welcome January. Nicknamed: **Veganuary**, this new tradition benefits both the environment and our own bodies. And to make your Veganuary utterly delicious as well, look no further than that can of tomatoes on your pantry shelf. Hopefully, they are from Europe, which means they are: **The Greatest Tomatoes from Europe**, grown sustainably from carefully chosen seeds, according to traditional and modern specifications, in the rich volcanic soil of Italy, the soil that nurtures these Oh So Delicious tomatoes. They are picked at the perfect stage of ripeness (measured by brix the way (ne wine grapes are), and rushed to the nearby factory, to be canned within hours. There are no shortcuts for these tomatoes: they are produced under the auspices of the greatest tomato lovers in the world: **The Europeans**. When you open one of these cans: you are in the presence of a modern miracle. There is nothing like excellent canned tomatoes to boost your spirits and nutrition. "With your tomatoes in the can, you don't even need a plan". Okay, please forgive this silly rhyme, but with your bright bundles of umami deliciousness aka The Greatest Tomatoes from Europe, just (ing open your refrigerator and/or pantry door, (nd whatever vegetables you have on hand, then braise them with your beautiful tomatoes (and olive oil): potatoes, cabbage, flat green beans, peppers, onions, or with legumes such as chickpeas, fat white beans such as Greek gigantes, or the smaller white Italian cannellini. Braise chickpeas with tomatoes and eggplant, or with a hearty flavorful winter squash.

But its not just European dishes that are luscious with our beautiful ripe tomatoes, there are so many Indian, **Bangladeshi** and **Pakistani dishes** based on tomatoes; instead of cream or dairy products, since you are eating vegan, thicken and enrich the with soaked, crushed raw cashews. It is, in fact, the traditional way. Many Asian dishes are unexpectedly wonderful with these beautiful tomatoes: try adding the to a stir fry of leftover or frozen French fries and a plant-based "meat". Tofu is surprisingly delicious braised in a **Mexican**-spiced tomato sauce with peppers, in a spicy asian tomato broth with noodles, or chopped up and added to a tomato-y vegan gumbo, with okra and rice. Tomatoes in a vegan risotto? Yes, please. Tomatoes in kimchee fried rice? Oh yes! Tomatoes in **Spanish** rice? Well, of course! (and in the black bean chili which is delicious alongside).

Tuscan pappa pomodoro - tomato and bread soup - is even better when based on vegetable stock; it doesn't need cheese whatsoever; many prefer it without. Simply saute onions and garlic in olive oil, add a can or two of The Greatest Tomatoes from Europe, and an almost equal amount of vegan stock/broth. Simmer until it forms a delicious saucy mixture then add lots of stale/toasted bread chunks. Book and stir until it forms a thick slightly chunky mixture then eat drizzled with olive oil.

Spaghetti with tomatoes - no cheese please! - is classic Neapolitan: It is said that without the cheese, one can taste and appreciate the tomatoes better. Now is a great time to try, instead of automatically reaching for the cheese, which is always tempting. Another Neapolitan dish beloved the world over is of course pizza. But while that mass of melty stringy cheese is oh so tempting, why not take this opportunity to try a pizza marinara: the tender crust covered with only tomato sauce, garlic, capers, olives, pepper flakes. Pizza marinara is a joy to behold: light, zesty, invigorating. Welcome to the New Year, welcome to Veganuary!

Now, have some delicious marinara!

For other delicious tomato-y recipes, visit:
<https://greatesttomatoesfromeurope.com/recipes>
Enjoy, it's from Europe!



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Homemade, Authentic, Marinara Sauce

- 1 28-ounce can European Tomatoes, plus its juices
- 2 tablespoons extra virgin olive oil
- 3 clove garlic, crushed or sliced or cut into chunks
- A pinch of red chile flakes
- Salt as desired

- 1 tablespoon chopped parsley (preferably flat leaf), plus extra to garnish
- Several basil leaves (plus extra to garnish)
- Pinch dried oregano
- 1-2 tablespoons capers, plus if you like, a little bit of the brine

TIMES: 10 MINUTES

SERVES: 3-4

LEVEL OF DIFFICULTY: EASY

Puree the tomatoes: feel free to use your hands for a proper "nonna", or grandmother chunky sauce, or whizz it through a blender or processor for a smooth puree. Heat the oil in a frying pan over medium together with the garlic and chile flakes.

After a moment or two, as the garlic begins to turn golden (but not brown!!!) add the pureed Canned European Tomatoes.

Lower the flame to a simmer, add a pinch of salt and simmer for 10-15 minutes.

Add parsley, basil, oregano and capers; cook over medium heat another 5 minutes while stirring.

You're now ready for anything: ladle it onto dough for a marinara pizza; toss it with rigatoni for a pasta marinara, or spaghetti to twirl temptingly with your fork; spoon marinara onto simply prepared vegetable-based risotto, layer it with fried eggplant slices or winter squash chunks, or simply dip rustic bread into it.

Enjoy! It's from Europe.



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